

*Annette Garber's*  
**A Taste of**  
*Roses*



164 recipes using roses in  
salads, entrées, desserts & more



*Facts, fancies and foibles*  
*Loves, legends and lore*

# A TASTE OF ROSES

*by Annette Garber*

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## DEDICATION

*To my husband, Willis,  
and our daughter, Janice,  
who have been patient,  
understanding and helpful.*

*Oh! No man knows  
Through what wild centuries  
Roves back the Rose!  
- Walter De La Mare*

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*The author with Art Linkletter on CBS's House Party. The show aired on June 4, 1962 and thereafter she was known nationally as the "Rose Lady".*



*The author wearing her rose bead necklace and preparing samples from her recipes for an Auburn, CA garden club presentation.*

# THE ROSE IN HISTORY

*Facts, Fancies and Foibles,  
Loves, Legends and Lore*

Roses, down through the centuries, have been linked with human destiny and the affairs of nations. In romance, in medicine, in ancient Persian and Christian legend, in England's bitter War of the Roses, in art and poetry, in women's fashions and on the family dinner tables of today, the rose has been more than one of our loveliest flowers. Strange myths hovered above the origin of the rose before she sedately climbed into the recorded ages of history.

Roses can be found among the earliest of the flowering plant species. Several museums have rose formations of rocks and minerals which geologists agree were formed in prehistoric times. A rose fossil estimated to be thirty-five million years old was found in Crooked River, Oregon and is kept in the Museum of American Natural History in New York City. The Museum of the Rose of L'Hay les Roses, near Paris, displays fossil roses from the Miocene deposits and from the Oligocene deposits in Colorado. Among other findings of rose specimens are gypsum crystal aggregate Desert Roses of the Gobi Desert and Marcasite Roses in shale from Randolph County, Illinois. Some of the flowers, buds and foliage of the above remnants resemble certain species grown today. One has been identified as the *Rosa willmottiae* which is growing in some modern-day gardens of old roses. Domer L. Howard of the Oklahoma Gem and Mineral Society, with apologies to Gertrude Stein, said, "A Rose is a Rose is a Rock"!



*Rosa willmottiae*

Gem and mineral collectors often have roses of the mineral kingdom which are displayed at their local, state and national shows including the world's most beautiful reddish-brown barite and Chalcedony roses at a Vallejo, California rock and mineral exhibition. Chalcedony roses of many years ago and found near Blythe, California have been used with jade or other stones to make beautiful jewelry. There is a special intricate method of cleaning Chalcedony roses that takes patience, but the elegant pure whiteness of the finished rose is worth all the trouble.



*Chalcedony rose*

Fossil roses of the world, as well as the United States, are treasured and somewhat rare because most of the roses today require only average moisture and hence, avoid very wet places. No doubt early ancestors of the rose had the habit of seeking moisture. If so, this accounts in part at least, for their scarcity as fossils for they did not develop well nor hold up after formation in swamp places, streams or muddy areas. Roses growing in drier ground have a better chance of leaving fossil records. However, it is interesting that the reddish shale fossils, once mud and volcanic ash and found in the small village of Florissant near Colorado Springs, were preserved at an elevation of

about 8,193 feet above sea level and can be found in museums all over the world.

A number of people have had the joy of finding selenite Sea Roses (*Rosa Rugosa*). Some have diligently dug in the mud of Padre Island on the east coast of Texas and had the good fortune of finding gray Sea Roses with unusual small seashell inclusions. Additional pleasure is had by uncovering a beautiful beige-colored selenite rose from the sand beds of Northern Texas. Also, it is worthwhile to dig in the sandy layers near Patterson, California for selenite roses.

There are surprises in the Rosaceae family, a widely distributed group of plants ranging in size from small herbs to good-sized trees. As a rule, the single blossoms are regular with five petals with stamens set in a circle around the edge of a sunken cup. In a wild rose, as the season advances, this cup becomes a rose hip containing the seeds, called rose fruit, which is edible and rich in Vitamin C.



*Rose hips*

The strawberry is a member of the rose family. On a spring-blooming strawberry plant, count the petals and note that the center cup becomes the berry. Compare the fragrance of the rose flower and the ripe strawberry that has the botanical name, *Fragaria*, Latin for fragrance.

The rose family supplies many well-known fruits, such as the apple, crabapple and pear, which are pome fruits, and the apricot, cherry, peach, plum and almond, known as stone fruits. The almond is a fruit and not a nut. It is from the almond that flavoring comes which makes a fine combination with fragrant rose petals when cooking something special like a tasty rose cake or pie.

Bramble fruits and berries belong to the rose family. Some of them are as prickly and tangled as wild roses. Among the rose's thorny relatives are the blackberry and its fancy offspring, the dewberry, loganberry and raspberry.

The rose claims shrub relatives such as the pyracantha, which birds devour and which humans use for jellies and sauces; the hawthorn, with its clusters of flowers and diminutive apple-like edible fruit; the kerrias and the spiraeas. At a rose family reunion, more distant kinfolds would arrive, such as geum with yellow blossoms; potentilla, with her gray-green foliage and white skirts beneath; the fern-like stile, and the multi-colored meadow-sweet.



*Meadowsweet*

There is a close family relationship among rose species and it is quite possible that they are all descended from one original source, buttercups. Buttercups, or crow's-feet, are so similar to the single petaled wild rose that they are often mistaken for each other. A flower chart would show how the simplest and least efficient buttercups improved under changing conditions and some developed into roses and other flowers.



*Buttercup (Ranunculus)*



Most likely, the first Biblical home of the Rosacea family was the Garden of Eden, from whence wild roses and other plants have gradually spread to cover almost the entire globe. Surely, Noah remembered to gather the rose family prior to the great flood, for Genesis, Chapter Six, verse twenty, reads that he took into the ark, "Two of every creeping thing of the ground, according to its kind".

Before roses learned the slow, but vital secret of developing flowers from their leaves, they must have propagated themselves by throwing out roots from prostrate stems. Roses have not yet forgotten this natural plan of increase and practice it when given the chance.

In the dim light of the earlier ages of the world, the rose possibly was a spiny plant crawling over rocky banks and turning an aggressive front to mammals which sniffed for food.

The rose has been found as natural flora in all the ancient regions of the world. For a long, long time roses have grown in various countries of Asia, Africa, extended over the whole of Europe and bloomed in natural wildness over North America, even on snow-covered mountain tops. The rose species from which nearly all of the garden varieties have sprung were originally found in the temperate regions of Asia and Europe. Some species were discovered in the wilds of Greenland, Ireland and Siberia. For many years, the warmer climates of Abyssinia, Persia, China, Egypt and India have had their special roses. One shrub rose with white flowers has beautified the outskirts of the Sahara Desert for many years, seldom seen by human eyes, but forever fragrant in wastelands.

Native roses were not found in the Southern Hemisphere except at some very high elevations and they were rarely represented in the tropics. They were not found wild in Australia. and found only in the Mexican mountains at the 19th degree latitude.

While all of the species of the genus *Rosa* are not in commerce, they are all of botanical, genetic, horticultural and historical importance. In the late Dr. J. Horace McFarland's book, Modern Roses IV, 1952, there is a list of several hundred wild roses.

The history of all roses would take a long time to tell. We can consider the genus as a whole and mention a little about those species which have been the ancestors of the roses of today. The most important ones are the Damask (hybrid of *Rosa gallica* and *Rosa moschata*), Centifolias and Albas.



*Damask rose*



*Rosa centifolia*



*Rosa alba*

Wild roses, flowers of the wayside, are worthy of any garden. Most wild rose plants have beautiful flowers and are extraordinarily floriferous. Some have fragrant blossoms and the color is usually refined. They can be grown without any special effort, though none object to good soil. Full exposure to sun is essential. Pruning is not an elaborate process. All that is necessary is to cut away the old and worn out canes and shortening back of overly vigorous shoots to keep the plant within bounds. Wild roses may be used against pillars, fences, walks or a good topping for boulders and need plenty of room.

Scotch Rose (*R. spinosissima*) may be used in beds. For seashore gardens, *R. rugosa* is one of the best. In Japan, *Rugosa* is known as the Sea-Tomato, a very apt name when its habitat and fruit are remembered. America's virginiana, sometimes called *Rosa blanda*, known as the common Seashore Rose of New England, is used for planting between sidewalks and automobile drives. In June, these strips are lit up with soft rose-pink blossoms. In autumn, they are "jeweled" in countless numbers of scarlet hips - making them cheery all winter and up to spring bloom again. This pleasing plant is attractive all year.



*Rosa spinosissima*  
"Scotch Rose"



*Rosa rugosa*



*Rosa blanda*

*Rosa gallica* was united with wild roses in the beginning of our present civilization. It was a religious emblem of the Medes and Persians in the 12th Century B.C. All the hybrid progeny were fragrant and the favorites of Southern European peoples for thousands of years. Old roses are far quieter and more subtle than highly colored hybrids of the modern garden - and what a rewarding taste when once acquired! *Rosa gallica* is a common ancestor of the Gallicas, the old European Damasks centifolias, Moss Roses and White Roses, including the Dog Rose. The French rose filled the enclosed plot of the courtyard garden of Assisi with the three rose-windowed cathedral, birthplace and home of St. Francis.



*Rosa gallica*

*Rosa Mundi*, "Rose of the World", was considered to have the sweetest fragrance, enthralling its partisans beyond any other flower scent, vying with Damasks and centifolias. Tradition associates it with a lady who left the world about 1175 – Rosamund, mistress of Henry II, whose beauty inspired ballads, stories, poems and paintings.



*Rosa mundi* (from Jefferson's Monticello)

*R. hugonis*, commonly known as the Father Hugo plant, from the mountains of China, is a most popular species. It leaves nothing to be desired. It is among the earliest roses to bloom freely, a bouquet of yellow. Its dark scarlet hips ripen and fall early. The Hugonis' history is interesting. It was discovered by a Welsh priest named Hugh Scallan, attached to an Italian mission who sent a parcel of dried plants to the British Museum. When looking the material over, the authorities noticed some rose hips and sent them to Kew Gardens. In the course of time, these vegetated and later the plants flowered and the rose was named *R. hugonis* for its discoverer. In 1908, it was received at the Arnold Arboretum and soon afterward passed into American gardens.



*R. hugonis* (Father Hugo rose)

*R. ecae*, a rose of rare beauty from the remote and arid regions of Afghanistan and central Asia, has great hardiness. It has pale yellow flowers and leaves with a fragrance of Sweetbriar.



*Rosa ecae*

Scotch roses are low, twiggy bushes up to five feet tall, suckering freely. They have white, pink, rose-red and yellow flowers. All are of good habit with small, pleasing foliage and black fruits. The aristocrat of the species is Altaica, from the Altai mountains of Siberia. They are vigorous, tall, with pure white flowers abundantly produced.

Certainly, roses were garden plants in China, which is perhaps the greatest source of wild roses in the world. The Chinese rose ancestors were different from European ones because of different culture and climate. Where there was little or no frost, plants continued to grow throughout the year. They were not happy nor hardy in colder climates. Many old gardens boast Pink China.



*China Rose*

The Green Rose (*Rosa chinensis viridiflora*), a curiosity, is perhaps a sport or genetic mutation of the Pink China. It may have been brought to Maryland in 1855. The plant has all the characteristics of the China rose except there are no definite flowers, but whorls of sepals without petals, stamens or stigmas. It is all green except as the very double bloom ages, it assumes a reddish tinge.



*Rosa chinensis viridiflora*

The Cherokee Rose of story and song from the southern U.S. is a great favorite of white rose lovers. It is a big, once-blooming climber that runs wild, but can be trained as a hedge. It has varnished foliage and 3-inch fragrant flowers in June. No southern garden should be without it!



*Rosa laevigata*, Cherokee Rose

Rose history was first recorded in ancient times. Roses were mentioned in the Coptic Manuscripts, early Egyptian Texts of the Hamitic language and in Chinese Holy Writings of about 2567 B.C.

Roses were favored among the plant treasures of the Hanging Gardens of Babylon, located on the east side of the Euphrates River. Some Greeks credited the near-legendary Assyrian queen, Semiramis, with the idea for the construction of the three-hundred-fifty foot high and four-hundred foot square stone rooms, balconies and gardens. The five-storied Wonder of the Ancient world was built around 600 B.C. at the command of King Nebuchadnezzar II, for his favorite wife, Amytis, who missed the beautiful flowers and shady parklands of her native

Media. During the scorching hot weather, the queen rested frequently in the beauty and fragrance of the roses, shrubs and trees of the many small gardens. She entertained outdoors, under the magical skies, in attractively planted areas which could well have been the forerunners of twentieth century patios.

The king and his court worked more comfortably in the rooms that were cooled by plantations of greenery and by breezes from the circling canal. The gardens were irrigated by an ingenious mechanism that pumped water from the river up to the buildings highest level by buckets and chains that were concealed in hollow pillars. The water was stored in a reservoir at the top of the structure from where it slowly ran down inclined planes, watered the plants of the various terraces on its way, and disappeared into underground channels. Recent archeological discoveries confirm historians' conceptions and artists' reproductions of the Gardens of Babylon. Today only the remains of a well and a portion of the unique irrigation system can be recognized among the ruins in the mound called El Kasr.

Many of the roses planted in the Gardens of Babylon were most likely supplied by neighboring Persia where native and cultivated roses have always grown in profusion. Persia brings to mind poets and nightingales, as well as roses. Nature-loving Persians believed the nightingale, called bolbol, cried out in sorrow when a rose, or gol, meaning "the mighty God", was plucked. One legend tells that the nightingale circled the rose until it opened, drank the perfumed nectar to the point of intoxication, then dropped to the ground in a delightful stupor. A rose was supposed to burst open from bud to full flower just to listen to the nightingale's song.

Also, the nightingale contributes to the stories of how roses became red. Mr. Nightingale was a conceited bird who sang so beautifully in the Gardens of the World that all the flowers and plants loved him. They donned their gaudiest colors and released their sweetest perfumes to get his attention. He noticed none of them and vowed his songs were wasted on those garden and field things! He



decided that any flower worthy of his lovely music ought to have some of his aristocratic blood. He pricked his breast with his bill and the first drop of blood that fell, turned into a rosebush full of red roses. Another version has it that all roses were white until the nightingale pressed a rose to his breast so that the sharp thorns caused blood to flow on the white rose and dyed each petal red.

The potency of rose perfume is shown in numerous antique gems that have on them beetles expiring, surrounded by roses. This is said to be an emblem of luxurious enervation - a beetle having such an antipathy to roses that the smell of them causes its death.

The Persians had so much admiration for roses that they gathered together before a bush in flower, spread rugs, sat in the moonlight, ate, drank and made music. Also, they serenaded the rose with an ode from Hafez before they departed.

*Once more the patient nightingale doth rest:  
"Oh Rose!" he cries, "evil be turned from thee!  
I sing thee all men's thanks; thou blossomest  
And hope springs up in every joyless heart—  
From the Divan of Hafez, Upon a branch of the straight cypress tree,  
Ode XXXII.*

On certain days the rose was supposed to have a "heart of gold", but only the faithful and fortunate would ever find it.

Persia connected the rose with legends and folktales. Their origin of the rose concerns their teacher and prophet, Zoroaster, who immediately after birth was ordered burned by Nimrod, the King of Babylon. When the infant was thrown into the large fire, the flames died down and the coals became a bed of roses upon which Zoroaster lay sleeping soundly and unharmed.

In the days before soap was discovered, clay was used for cleansing purposes. Sadi, using a piece of clay in his bath, was ravished by its fragrance. "What is this?", he thought. "Musk or ambergris?"



Then he remembered, the clay had been dug from the soil that had nourished his most magnificent rosebush.

There have been only a few large rose gardens in Persia, but many small ones where hosts have received guests and entertained in privacy. Walled gardens were equipped with special water tanks and rose plants were set out in designs similar to the exquisite patterns on the famed carpets of Persia. The poet, Hafiz, described the rose gardens of Shiraz as “earthly Paradises”.

Some sources credit Persia with having introduced to the world the first distillation of the essence of oil of roses. The Damask Rose, named for Damascus, is one of the national flowers of Persia now Iran. It is the source of the rose water with which the mosques of the Moslem world are sprinkled. Omar Khayyam, astronomer and poet, lived about 1100 A.D. and grew the Damask Rose in his garden at Khorasan. It is planted on his grave, yet it blooms forever, freshest all through his Rubaiyat. The following is from one of the eight quatrains that are translations of Edward Fitzgerald:

*“Alas, that Spring should vanish with the Rose!  
That Youth’s sweet-scented Manuscript should close!  
The Nightingale that in Branches sang,  
Ah whence, and whither flown again, who knows!”*



*Damask Rose “Omar Khayyam”*

The women of Persia had an aromatic formula of cloves, cinnamon, other spices, and rose water which they mixed in a jar or bucket and immersed a wayward lover’s or straying husband’s shirt. The name of

the errant man and names of four angels were placed in the bucket with the shirt and set to boil over a fire or hot stove. When the pot began to boil, the straying one was supposed to be on his way home. Also, the Greeks used rose ingredients as love potions, charms or “philters”.

Among the many stories of roses in the East there is one about a philosopher, Zeb<sup>1</sup>. At Amadan, Persia there was an academy that ruled its members “should think much, write a little and be as silent as possible”. Zeb learned there was a vacancy in the academy and she wanted to become a student. She reached Amadan too late and all openings were filled. The academy president had deep regrets that he could not accept the brilliant scholar, Zeb. In fact, he felt it impossible to face Zeb to inform her of the situation and devised a way of giving Zeb the message by filling a cup so full of water that a simple drop more would have made it run over. The wise philosopher understood there was no place left for her and was about to leave, when she saw a rose petal at her feet. She seized the petal, took courage, turned and placed the petal so delicately on the water in the cup that not a single drop spilled. The entire assembly took note of Zeb’s ingenuous action and cheered so approvingly that the philosopher was admitted.

Another anecdote is told among the Turks as happening to one of their celebrated persons regarding his residing in Babylon. The Turks credited the origin of the rose to the perspiration which fell from the prophet Mohammed. Mahomet Fluchkiger (1862) refers to a Persian document in the National Library in Paris which states that in the year 810 the Province of Faristan was required to pay an annual tribute of 30,000 bottles of rose water to the Treasury of Baghdad.

It is certain that the rose was cultivated by the Jews during the reign of Solomon, about two centuries after Semiramis. The Old Testament has the word rose in the Song of Solomon, Chapter two, verse one: “I am the Rose of Sharon”. According to sacred history, it was prophesied that Israel would be inspired to select the most beautiful image to tell mankind of the Jews’ exodus from slavery to

freedom. These were the words that came to him: "The wilderness shall blossom like a rose". Some Biblical authorities say that the rose referred to in these passages could have been another flower, the asphodel, crocus or narcissus, and not the rose exactly as it is known today. Others believe it was *Hibiscus syriacus* and a few think it was *Hypericum*.

The Apocrypha's Wisdom of Solomon has several references to roses, one of which is: "Let us crown ourselves with rosebuds before they be withered". Also, the Book of Ecclesiasticus, written nearly 700 years after Solomon's time, tells that beautiful gardens were tended by the Jews of Jericho. The son of Sirach likens wisdom to a rose plant in Jericho and holiness to a rose growing by the brooks and in the fields. Roses still bloom in the Garden of Gethsemane. II Esdras 2:19 reads: ". . .mighty mountains, whereupon there grow roses and lilies." In the Christian Era, Jerusalem's Resurrection Rose was an emblem and symbol of safe childbirth.

As to the Holy Land's legendary version of the origin of roses, there is an interesting story in the Voyage and Travails of Sir John Maundeville, a book dating back to 1322:

"Between Bethlehem, formerly known as Ephrata, and a gracious church of many pinnacles is the Felda Floridus, which is the "Flowery Field". At this place, a fair lady was wrongfully blamed and slandered for adultery for which she was doomed to death and to be burned in that place to which she had been led. As the fires began to burn about her, she made her prayers to her Lord, that as surely as she was not guilty of that sin, He would make it known to all men, out of His merciful grace. When she had thus spoken, she entered into the fire, whereupon the fire was quenched and went out. The brands that were burning became red rosebushes and the brands that were not kindled became white rosebushes. According to this version, these were the first roses that man ever saw! Thus, the maiden was saved by the Grace of God and that field is called the "Flowery Field of Roses".

Hasselquist, Swedish naturalist and pupil of Linnaeus, the Father of Botany, alluded to the Damask, the Double White Rose, the Common Red Rose and the Cinnamon Rose as the principle varieties grown in Palestine. Today, according to Bertha S. Vester's "Flowers of the Holy Land", wild roses are comparatively rare in Palestine, but are widely distributed. They climb over walls and rocks in the hill country, prefer northern exposure and bloom in April. Tall, climbing wild roses with pure white flowers are grown in Galilee. A species indigenous to the Holy Land is *Suri*, from which according to some writers Syria took its name.

A legend of the creation of yellow roses deals with the Mohammedans. On his overnight flight from Mecca through Heaven, Mohammed rode swiftly on his supernatural steed, Buraq, and alighted in ancient Jerusalem. Due to such great effort of travel, both man and horse sweated profusely. From the perspiration rolling from the forehead of Mohammed sprang white roses and from the magic sweat from a panting Buraq, sprang yellow roses.

So far as it is known, one of the earliest uses of the rose in design in European countries was in the Minoan period, about 2800-1900 B.C. The goldsmiths of that day excelled in reproductions of flowers and foliage. Gold pins terminating in heads of wide-open single roses have been found in the Mocholas tombs of Crete. Chalices have been found with rose sprays on them which are believed to have been made around 1600 B.C. One of the first known illustrations of the rose in decoration was found in the House of Frescoes at Knossos, Crete. It could date back to around the middle of the sixteenth century B.C. The leaves on the flowers are obviously those of the rose, however, the flowers have six petals instead of five.

The island of Rhodes in the eastern Mediterranean obtained its name from the Greek word Rhodon, meaning rose. Roses grew profusely in Rhodes and were commemorated to the point of picturing roses on their coins.

There were references to the rose in Greek poetry and mythology. One of the earliest poems was by Anacreon:

*“The rose is the perfume of the Gods, the joy of men,  
It adorns the Graces at the blossoming of Love  
It is the favored flower of Venus”.*

The Greeks cultivated the rose at an early period during the time of Homer, who lived about 200 years after Solomon. In the Iliad and the Odyssey, Homer borrowed the brilliant colors of the rose to paint the rising of the sun. Also, he used the rose frequently as a simile to express his thoughts about other subjects on nature.

The inhabitants of Sybaris, an early Greek colony, stuffed their mattresses with rose petals. These were the original “bed of roses”.

The Greeks hailed the rose “King of flowers” until poetess Sappho wrote:

*ODE TO A ROSE  
Would Jove a Queen of Flowers ordain,  
The Rose the Queen of Flowers, should reign.  
The Grace of Plants! The Pride of bowers.  
The Blush of Meads, the eye of flowers,  
Her sweets the breath of love disclose,  
Cythera’s favorite bloom she glows.  
What flower is half so lovely found,  
As when, with full-beauties crowned  
The Rose each ravish sense beguiles,  
And on soft amorous Zephyr smiles?*

The young girls in Sappho’s academy of instruction of poetry, music, singing, and dancing, made wreaths of roses and violets, and wrote verses. These were used in the programs during the festivals of the gods.

Philostratus<sup>2</sup>, in Epistle 73, wrote that “Sappho was enamored of the rose, and often bestowed upon it some distinguished praise; she likened it to the most beautiful of maidens”.

Legend tells that Cupid or Eros loved the rose and kissed it every time he saw it blooming. One time he kissed a lovely blossom that had a guest bee gathering rose honey. Cupid’s intrusion angered the bee which stung the lips of the God of Love. Mother Venus was so unhappy that her son was stung that she placed sharp stingers along the arrows with which Cupid playfully shot the thornless rose and placed the stinger thorns along its stems. Hereafter, most roses grew with thorns.

Grecians so highly esteemed the rose that they would use great quantities in times of public rejoinsings, religious ceremonies, and the youth of both sexes wore them in the lavish festivals. They consecrated the rose to Venus Goddess of Morning and the symbol of Youth, and to Harpocrates, the God of Silence. From the rose being consecrated to the God of Silence arose the custom in northern Europe which has been practiced on many occasions ever since: the suspending of a rose from the ceiling at convivial or other meetings signifies that what transpired was of a confidential nature.

The white rose has long been considered as sacred to silence; over whatever company it was suspended, no secrets were ever revealed, for it hung only above the festal board of sworn friendship. No matter how much they might drink or how long the wine cup might circulate round the table, as long as the white rose hung over their heads, every secret was considered inviolable; no matter how trivial or how important the trust beneath that flower, it was never betrayed for around it was written the sentence:

*“He who doth secrets reveal  
Beneath my roof shall never live.”*

Since ancient times, the rose has often been associated with secrecy. In ancient mythology, Cupid gave a red rose to Harpocrates, the god of

silence, to keep him from telling about the indiscretions of Venus. Sub-rosa or "under the rose", found a place in England's early national councils and gave the world a popular term for secrecy.

Teutonic legend has it that sub-rosa came from the northern counterpart of Venus, Freja, who claimed the rose as her flower. It was often carved and sculpted on ceilings. When wine and mead or other drinks loosened inhibitions and speech, the rose symbol reminded them that "all was spoken under the rose, or under the protection of Freja and not considered binding actions".

In 1526, roses were hung over confessionals or carved on stone or wooden benches as an indication of the confidential and secret nature of the art of confession.

The white rose, a symbol of silence, has been used for funerals and graves. In some parts of the United States, it is worn on Mother's Day in honor of the mothers who are not living.

The Greeks used the rose medicinally and cultivated it for the perfume from the petals. About 300 B.C., Theophrastus<sup>3</sup> recorded in his sixth book of History of Plants, that there were many varieties of roses in Greece and that most of them had five leaves (petals), some had twelve leaves (petals) and some roses growing near Philippi had as many as one hundred leaves (petals). That is believed to be the Cabbage Rose or *Rosa centifolia*. Men took the plants from Mount Pengaeum, where there were many roses growing, and planted them near the city. At that time, the five-petaled flowers were very fragrant and grew on very thorny plants. Also, Theophrastus wrote that the many-petaled roses grown in Cyrena were the most fragrant and the perfumes from there were the sweetest. They had their own special legendary versions of how roses became red. In heaven, Cupid once upset a cup of wine or nectar which spilled to earth and colored the growing roses.

A favorite tale of the birth of the rose involves Corinth's most beautiful maiden, Rhodanthe, who tried to escape three extremely impetuous suitors by taking refuge in the temple of the Goddess

Diana. The adoring attendants attacked the temple, removed the statue of Diana from its pedestal and placed Rhodanthe in its place as the more divine one. Apollo, Diana's brother, was so infuriated by the insult to his sister by mortals, that he turned Rhodanthe into a ROSE and her attendants into thorns. He transformed the three persistent suitors into a butterfly, a bee, and a worm, and all three are still seeking the rose!

Anacreon, the Ionian Greek poet, wrote that when the sea was formed and bore Venus on its waves, the earth wanted to show that it could equal the gods in its creation of beauty and made the rose. The gods were so impressed with roses that they added nectar, which is the fragrance found in most old roses and many of the modern-day ones.

Some of the ancient Greeks thought that roses sprang from the tears of Venus, the Goddess of Love. One Grecian legend tells the rose originated when Apollo found a beautiful nymph asleep, kissed and awakened her. To avoid further annoyance, she transformed herself into a rose.

Ancient Egyptians cultivated roses and under the rule of the Roman Domitian<sup>4</sup>, they tended *Rosa alba*, *Rosa bifera* and *Rosa centifolia*. In later centuries, Napoleon, on an expedition to Egypt, found *albas* and *centifolias* still growing there.

Roses were frequently represented on Egyptian frescoes and textiles of about 300 B.C. Dried roses were found in Egyptian tombs. Garlands of *Rosa richardii*, an Abyssinian form of *Rosa gallica*, were found in several tombs dating from the first to the fifth century. This particular rose was used exclusively for funeral offerings, but for many centuries other roses were grown and used in commerce between Egypt and the East by way of Arabia. Commercial rose production was most extensive in Rome and Egypt. All the colonies were expected to help supply the demands of the Romans, thereby making rose growing profitable in all Roman-occupied countries.

Cleopatra contributed much to the popularization of roses, which had almost become an obsession with the Egyptians. They were used



most lavishly in all affairs, especially in court and for ceremonies. The rose gradually succeeded the lotus in popularity and enormous gardens were tended to supply the demand.

Cleopatra spared no expense on roses when she entertained Mark Antony. For a feast in his honor, she had the floors strewn with rose petals eighteen inches deep. The petals were covered with a fine net so that the guests could walk upon them. Before Antony killed himself, he requested that Cleopatra scatter rose petals and rose oils in his tomb and cover it with growing roses.

So far as it is known, the rose escaped black magic, but its involvement in white magic goes back to ancient Egypt's magician, Myrithis, who used roses as the tools of her trade. She was buried with the magical flower and when her tomb was opened many years later, researchers found masses of well-preserved rose garlands, wreaths, full blossoms, buds and dried petals. Myrithis' ceremonial robe, a silken mantle woven in one piece and embroidered with bright pink, five-petaled roses, was found in the tomb in good condition.

Rome inherited many of the Grecian rose myths as well as their culture. The Goddess of Love, Venus, took Aphrodite's sacred rose as her floral symbol. The Romans' keen taste for and lavish use of roses at Bacchanalian feasts most likely was acquired from the Greeks. The Egyptians administered to and further developed the custom. Egypt's Valley of the Nile rose growers sent great quantities of roses to Rome every year.

Under Domitian's reign, there was an abundance of roses in winter. The famous epigrammatic poet, Martial<sup>5</sup>, wrote that the Egyptians should not send roses to the Romans, but ought to send harvest from their crops instead of gifts of roses. Domitian messaged the Egyptians: "Send us thy harvest and we will send thee roses!"

The culture of roses was a trade in Paestum, a town of Lucania, colonized by the Sybarites about 500 B.C. In the time of the Roman Emperors, Paestum was famous for its wonderful roses. Tarquin the Proud<sup>6</sup>, had beds of roses in his garden within the walls of this city.

In the first century A.D., flower festivals flourished in Rome. Suetonis<sup>7</sup> reported that Nero spent the equivalent of \$125,000<sup>8</sup> for roses for one of his feasts held during the festivals in the Gulf of Baiae. At these feasts, the Romans not only placed roses all around the great hall but arranged them on the tables and put them in the drinks. Even the slaves and the flute players wore roses. The Roman Sybarites believed that the very presence of roses preserved them from the intoxicating influences of wines and insured their escape from the after-effects of their over-indulgence of eating, singing, and frenzied dancing.

The impetuous and cruel young emperor, Elagabalus<sup>9</sup>, inaugurated his third century reign with an elaborate feast. He had roses crushed with pine to increase the rose perfumes with which the palace was cleansed. Also, he had roses scattered over the couches, on the floors and in the halls. During the course of the meal, Elagabalus went to one of the galleries and watched as three heavy showers of roses were dropped from the ceilings as the servants opened trap doors. The guests were overwhelmed, buried in roses, many became ill and some were smothered to death. None of the victims could escape for all the doors had been closed tightly.

It was customary for wealthy Romans to take their meals resting on beds or couches of roses. Verres, the greatest extortioner of his time, remembered for the cruel things he did while he was Governor of Sicily, had such an extreme enthusiasm for roses that many people did not speak kindly of him. Cicero reproached him for his effeminacy, licentiousness and extravagant uses of roses. It was not spring in his eyes until he could see the roses in bloom. On his voyage across the province, he was carried on a litter borne by eight men. On the litter, he reposed upon soft cushions of transparent material filled with the Rosa of Malta. Also, he held in his hand a net of the finest linen filled with fragrant roses that gratified his eager nostrils.

Seneca told of a Sybarite, Smyrindiride, who was unable to sleep on his bed of roses if even one of the petals was curled.

The Roman poets, Virgil, Ovid, Horace, Juvenal and others praised the beauty of roses. Horace was one of the first rosarians and wrote facts about cultivation such as “roses are best grown in beds by themselves and not with other flowers, except for ground covers”. Many of his rules still apply today. Pliny the Younger, a Roman author and naturalist of the first century wrote of roses of his time. Pliny said “There were twelve kinds of roses” and named Gallica, the Damask, *Rosa centifolia*, *Rosa sylvestris*, the “Rose of Miletus”, a dark red believed to be the Provence Rose, and a “rose growing in a bramble”, probably the Eglantine. He noted that rose seeds germinate slowly; when planting, big holes are dug at least two feet deep and that soil and climate cause variations in roses.

Pliny describes the rose and its uses. “Roses enter into the composition of sweet ointments and perfumes. Over and besides, the rose, of itself alone as it is, hath medicinal virtues and serveth to many purposes in physick. It goeth into emplastres and collyries or eye salves, by reason of a certain subtle mordacitis and penetrative quality it hath. Furthermore, many delicate and dainty dishes are served up at table, wither covered and bestrewed rose leaves, or bedewed and smeared all over with their juice which gives no harm to those viands<sup>10</sup>, but give a commendable taste thereto.”

There is a medical tale from ancient Rome. It involves a fair maiden, Milto, a devout and beautiful person who took lovely flowers to the temple of Venus every day. She could not afford gold or silver. One day, a growth began to appear on her chin and it threatened to destroy her loveliness. Venus, the goddess to whom she was so devoted, came to her rescue by appearing to her in a dream and telling her to apply roses from her altar to the growth. Milto put the roses on the growth and it disappeared. From that time on, many Romans used the rose medicinally.

Roman emperors allowed certain generals to decorate their shields with rose emblems, signifying distinction or the aristocratic principals of early knighthood. The emperors used roses when

conferring military honors. Statues were draped with roses and spectators' boxes were garlanded and festooned with their favorite flowers. Wreaths of roses were on chariots and triumphal arches, and masses of roses were used to decorate banquet halls.

In our times, as in older times, the rose is often associated with religion and thoughts of holiness, which should be pure and fragrant as the rose itself.

Romans left legacies to have their tombs planted with rosebushes and decorated often with cut blossoms. Those who could not afford that last luxury had their grave markers inscribed with pleas for passers-by to scatter roses on their final resting places. Commemorative services for the dead were held when friends and bereaved families met at the tomb or grave and decked it with roses.

The reigns of Augustus, and subsequent emperors of Rome, were periods of world history that appeared to give too much attention to roses, for no other flower had been used for so many purposes in daily private and public life. From their most favored flower, they made oils, perfumes, wines, conserves, and many culinary dishes. Despite their practical uses, roses seemed to have been overindulged. Instead of blooming and sharing pure and intellectual enjoyment, roses were debased and used for the vanity and lust of luxurious people. After the fall of the Roman empire and during the centuries of intellectual stagnation that followed, roses were thought to be of little value and only those varieties capable of self-preservation survived. A few plants were retained in monastic gardens where the beauty of the blossoms was appreciated. The petals were used as a source of medicine. Also, the fruits or seed pods were used medicinally and for stringing rosaries. At first, the leaders of the church discouraged the acceptance of roses because of their long association with Roman indulgent festivities.

Many varieties of roses may have been lost between the Fall of the Roman Empire and the invasion of Europe by the Arabs, who admired the beautiful roses growing there when they conquered Persia in the seventh century. The Arabs transported and planted roses

throughout their empire from India to Spain. Due to the movements of the various species and to their excellent adaptability, it was difficult to tell a native from an adopted plant.

Rose history lagged until interest was revived during the Renaissance. Again, rose varieties were protected in monastery gardens. By the latter part of the sixteenth century rose records were based on medicinal and culinary uses of the flowers and fruits. Even the scents of roses were supposed to have healing affects. Attar<sup>11</sup> and rose water were used in perfumes and for flavoring unpleasant tasting medicines. As early as 77 A.D., Pliny listed thirty-two rose remedies, although at that time roses were more valued for decorations.

During the Middle Ages, at least one resident of each Christian monastery was required to have a knowledge of the medicinal powers of plants. The close association of roses with the history of the church for many centuries must, therefore, be credited to its healing attributes as well as to its beauty. Also, there were other unusual uses of rose bushes. Saint Benedict of Subiaco, the founder of Western Monasticism, is supposed to have grown a garden of fragrant roses just for their fine sharp thorns with which he used to chastise himself when he entertained sinful thoughts. In the fifth century, the rose was again accepted in Christian sanctuaries. The Virgin Mary became the Rose of Heaven, the Mystic Rose.

Whitsunday<sup>12</sup> became the Festival of Roses and some churches dropped rose petals upon the heads of the faithful. In Rome, one Sunday belongs to the rose, Mid-Lent Sunday. The Pope blesses and embalms a Golden Rose that is adorned with jewels, prays over it and calls it, "Jesus Eternal Rose that has gardened and embalmed the world".

The presentation of the Golden Rose was begun in 1049 by Pope Leo IX, who recognized it as an ancient custom. Each year during his service, Pope Leo was presented with a golden rose on Laetare Sunday<sup>13</sup> or Rose Sunday. The first Pope to bless the pure Gold Rose, set with costly gems, was Innocent IV, whose pontificate was from

1245 to 1254. On Rose Sunday, rose colored vestments, altar, throne and chapel draperies are substituted for the purple ones. Sometimes the same rose is used for several years before it is given to a person or place. The Golden Rose is still used by the Pope when desiring to confer special recognition on a sovereign, church, sanctuary, or country. In January 1964, Pope Paul presented the Golden Rose when he visited the Holy Land.

France has been and continues to be naturally rich in roses. Saint Medard of France is credited with founding rose festivals and of crowning rose queens. About 525 A.D., he began the custom of giving the most virtuous or deserving maiden living in his estate a crown of roses and a dowry or sum of money to assist her with finding a husband. In some areas similar customs are practiced on St. Medard's Day, June 8th. In the sixth century, St. Medard instituted the custom of giving a wreath of white roses as an annual prize to the most modest and obedient of the maidens of Salency<sup>14</sup>.

After the rose was reinstated in the Christian era, it was accepted as representing the five wounds of Christ. It became a part of church and cathedral architecture in the form of rose windows which were colorful and circular with decorative sections resembling petals. There are many beautiful rose windows all over the world, but the windows in Chartres, France are the most famous. The Mosque of the Touioun in Cairo has rose windows today. England has rose windows at York, Westminster and Lincoln, where there is a window called "The Dean's Eye".

The rose also influenced Martin Luther, for he used it as his seal. "The heart should stand in the middle of a white rose. This is to show that faith gives joy, comfort, and peace—it puts the believer into a white, joyous rose." From: Letter from Martin Luther to Lazarus Spengler, July 8, 1530.



*Seal of Martin Luther*

Madame Pompadour<sup>15</sup> was frequently holding a rose and gave her name to a particular shade of rose. Madame Pompadour's successor in the affections of Louis XV was Madame DuBarry, who loved roses and used them in her personal dress and interior decorating. In her bedroom was an elaborately carved bed that had a canopy of roses.

Fashion paved the way for France's Empress Josephine to utilize the rose, for she made it her favorite flower. She made unique personal use of the rose and, whenever possible, she carried a rose in her hand. She did this not only for enjoyment of the rose's beauty and fragrance, but as a camouflage; her teeth were very poor and marred her looks.

Empress Josephine was born in the month of roses, June 1763, and was christened Rose. She played an important part in the development and history of roses. Due to her enthusiasm and financial assistance, roses regained, and even exceeded, the popularity they attained during the days of the Roman Empire. This allowed the first great advance in the creation of new varieties of roses.

Josephine started her collection at Chateau Malmaison, near Paris in 1814. In ten years, she had planted all the known species and varieties which included the following:

*Varieties or types: 167 Gallicas, 27 Centifolias, 3 Mosses, 9 Damasks, 22 Chinas, 4 Spinossiamas, 8 Albas, 3 Poetidas, 1 Musk*  
*Species: Rosa alpina, Rosa arvensis, Rosa banksiae, Rosa Carolina, Rosa cinnamonea, Rosa clinaphylla, Rosa laevigata, Rosa rubrifolia, Rosa rugosa, Rosa sempervirens, Rosa setigera*

The English nurseryman, John Kennedy, had passport to travel between countries during the Napoleonic Wars. When British troops entered Paris in 1815, they were told to protect the Malmaison collection of roses, for it was held in esteem by the enemies of France. The Garden's value and influence on rose progress cannot be fully measured.

The name Josephine Rose will always be remembered, for she was not only the wife of Napoleon I, but one of the most famous rose gardeners. She spent fortunes securing very old and new plants. Not only did she spend much time personally tending her gardens at Malmaison, but she commissioned Redoute<sup>16</sup>, the great artist of flower portraits, to paint many of her roses. His book, Les Roses, is greatly treasured by young and old flower lovers.



*Redoute rose print*

After Josephine's death, the garden deteriorated and was completely destroyed in the Franco-Prussian War. In 1896, the estate was purchased by a philanthropist, Daniel Osiris, and presented to the French government in 1904. Efforts were made to reestablish the garden with as many original plants as could be found.

In 1770, when Queen Marie Antoinette entered France to marry King Louis XVI, she spent the night at Nancy, where maidens of Provence prepared for her a bed made of rose petals. When



Archduchess Marie replaced Josephine in Napoleon's life, she spent the night at Provence en route to Paris for her wedding. The people fed her so many rose sweets she became ill. This was one bride who did not choose to carry a bouquet of roses!

*Rosa centifolia*, parent of a large class of Cabbage Roses, is a native of the South of France. Early writers called it *R. provincinalis*, or the Provence Rose, because it was found in the French province of Provence. It grew on the shores of the Mediterranean and became the popular rose of Ancient Rome. It is likely the hundred-leaved rose described by Pliny. This beautiful, very fragrant and colorful rose was introduced to England in about 1596.

An arbitrary beginning for rose chronology might well have come from the birth in France in 1867 of the first Hybrid Tea rose, then properly named La France. It is certain that the young Guillot<sup>17</sup>, who at his home in Lyon-Monplaisir, combined the Hybrid Perpetual rose, Madame Victor Verdier, with Tea Rose Madame Bravy and did not know that he had created famous new rose considered a gift to all Rosedom.



*Rosa La France, first hybrid tea rose*

Northern Europe has its own facts and legends about roses. The legend about the thousand-year-old rose tree which grows against the walls of the famous old Abbey of Hildesheim, Germany is often remembered and the abbey frequently visited. It is believed that Charlemagne planted the rose with his own hands. There is another story of Emperor Ludwig losing his way on a wild boar hunt in the thick forest close to Hildesheim. That dark night, he was alone in the open woods except for the many roaming wild animals. He imagined that he had an altar,

hung his chain and golden crucifix on a thorn bush and prayed for protection. In the morning, he was found safe and the thorn bush had changed into a rose tree. The Emperor had a chapel built beside the roses. Today, in the same spot, there is a great cathedral with the rose tree towering over thirty feet high and covering about forty feet of the wall. It has flowered over a thousand years.

Hungary used roses as hedges along their iron-paved roads and along the tracks of their state railways. Great six-foot high double rose hedges keep the railroads clear from snow in winter, cool in the summer with their lush greenery and scent the surrounding areas with delightful fragrance.

The moss rose appeared in Europe about 1720 and its exact origin is unknown, although different versions have developed. Holland possessed rich collections of roses up until about 1815 and introduced the moss rose to England.

A favorite story is that of England's authority, Bunyard<sup>19</sup>, who writes of the Calvados\* legend in his "Old Garden Roses".

*One day, the Angel who each day brings the dew on her wings, feeling weary, asked the Rose for shelter for the night. On awakening, she asked how this hospitality might be repaid. The Rose answered, 'Make me even more beautiful'. 'But what grace', replied the Angel, 'can I give to the most beautiful of all flowers?' Meditating on this request, she cast her eyes down to the mossy bed from which the Rose sprang and, gathering some placed it on the young buds. Thus was born the Moss Rose.*

In English history the rose glows with the warmest feeling of romance. As to its use in public ceremonies, Robert Browning's "Patriot" tells the story: "It was roses, roses all the way ..."

The uses of the rose in heraldry have occurred in the records of many nations, but the greatest influence has prevailed in England for

the rose is the royal and the national flower. First, in the thirteenth century, King Edward I took a golden rose in natural form as his badge. His reign ended in 1307 and the rose became England's emblem in 1481.

Red and white roses were used as political emblems in the bloody civil war of England, the War of the Roses. One version of how roses became involved in that war is taken from Shakespeare's Henry VI, which recalls a quarrel in the Temple Garden.

DUKE OF YORK:       *"Let him who is a true born gentleman  
And stands upon the honor of his birth  
If he supposes I have pleaded truth,  
From off this briar pluck a white rose  
With me."*

DUKE OF SOMERST:       *"Let him who is no coward nor no flatterer,  
But dares maintain the party of truth,  
Pluck a red rose flower from this briar  
With me."*

The followers plucked roses and took sides and not until the two houses were united by the marriage of Henry VII of Lancaster and Elizabeth of York did the country have peace. The roses were blended and became the national flower, used on arms and coins, and called the York and Lancaster Rose, which is red and white striped.

Following the Wars of Roses, Henry Tudor took the throne as Henry VII in 1485 and glorified the ancient British hero, Arthur. This was done in order to unite all parties of England. After the birth of his son, whom he named Arthur, Henry had the design of the Round Table placed on the wall of the great hall of Winchester Castle. The central

rose of the table was the Tudor emblem combining the red and white rose.

In the times of chivalry, the rose was often an emblem that knights were fond of placing in their helmet or shield, implying that sweetness should always be the companion of courage.

Finland's Order of the Rose has a white rose outlined in gold on several different medals.

In the United States, the object of the Imperial Military Order of the Yellow Rose was to keep authentic records of the ancestry of members and to further historical research. Members were males or females descending from the Aryan race in any part of the world.

The Knights of the Garter, or Order of St. George, uses roses in its emblem.

In Randle Holme's "The Academy of Armory"<sup>21</sup> are found explanations and illustrations of crowns which used the rose as an emblem.

Roses have been used on postage stamps in several countries, including England, Austria, Switzerland, and the Netherlands. Newfoundland had stamps of the rose and sheaves of wheat. A Christmas stamp from Bulgaria shows a child's head and a fully opened rose in a child's hand.

The old custom of paying a rose for rent was known in America in the early days. In Manheim, Pennsylvania, there is a Zion Lutheran Church which was organized by Baron William Stiegel, a first-class glass and iron manufacturer, who came to America in 1750 with a fortune equal to a million dollars today<sup>22</sup>. Mr. Stiegel built the town of Manheim. He was a person of deep spiritual nature and religious beliefs. When giving land to the church in 1771, he included the following clause in the transaction papers: "Yielding and paying therefore unto the said William Stiegel, his heirs or assigns, at the said town of Manheim, in the month of June, forever thereafter, the rent of ONE RED ROSE, if the same shall be lawfully demanded". The old baron died in 1778, broken in health and fortune. When the new church

was built in 1892, a memorial window decorated with a red rose was placed in the church, commemorating the sentiment and generosity of benefactor Stiegel.

The rose has been in America since Colonial times. George Washington's boyhood memories of the roses he admired, covering the banks of the Rappahannock and hugging the stones along the roads as he walked to school, are said to have influenced his entire life. So intense was his interest in rose gardening that he did much of the planning for placement of them in the garden at Mount Vernon – surveying and doing the calculations himself. Aside from being America's first president, he may have been our first rose-breeder. Whether a deliberate or a natural cross, he grew from seed the small clustered white rose based on our native wild rose (*Rosa setigera*) and named it "Mary Washington" for his mother. After many years of much gifting and selling, it is still in commerce today.



*Rosa "Mary Washington"*

Roses were tied into other affairs of the Washington household. His wife, Martha and her helpers used roses and rose flavoring in hundreds of their recipes and served delicacies on rose-decorated George Washington china, each piece of which had some slight difference of the floral art, the President's initials surrounded by a tiny rose wreath.

William Penn brought to our shores eighteen roses from London. He also brought a recipe book for the health and medical care of the settlers using the rose is one way or another. He granted a tract of land to early settlers subject to the payment of one red rose. This custom is continued to the present day by a large rose grower now occupying the

land. Annually, there is a special ceremony at which the one red rose is paid to a descendant of William Penn.

The first United States plant nursery to conduct inter-colonial and international business was the Prince Nursery, founded by Robert Prince in 1737, at Flushing, Long Island, New York. His grandson, William Robert Prince, wrote a book, "Prince's Manual of Roses" in 1846, kept the business as an avocation and collected over 700 varieties.

Cherokee Indians regarded roses as conscious friends, with their beauty reflecting love. The petals brought healing to bodies and souls. The white Cherokee Rose told Indians to stick together under the pines of the forest and no white man could place on them sorrow that could not be borne with patience and dignity. White Cherokee Roses were romantic, too. Young braves gathered them for garlands for their brides' long, lovely, dark hair. Indian maidens wearing these roses would live happily and securely with their beloved mates forevermore.

Another Cherokee Indian legend has been told of a brave young warrior who returned from a hunting trip, found his settlement destroyed and his sweetheart missing. Searching furiously, he learned that the "little people", Nunne'hi<sup>23</sup>, had turned his loved one into a white rose to protect her. The following spring the plant bloomed in purity, flowers "as white as snow". The white rose begged to have thorns for protection against thoughtless people who tramped her constantly. The Nunne'hi answered her prayers by covering every one of her stems and branches with millions of prickles so sharp that none could touch or step on her and even animals dared not eat the Cherokee Rose.

Charles Dickens was known for wearing a large red rose in his buttonhole. On a visit to America around 1842, a party was given in his home. Upon leaving the party, a guest asked for the red rose in his lapel. He explained that he could not give one young lady the rose for the other guests would be jealous. Several ladies felt that he should divide the rose. Dickens said that would make the rose unhappy.

Suddenly, the rose slipped from his buttonhole, separated and the petals drifted to the floor. Delighted, the guests gathered their mementos and departed.

The pioneers, moving westward in the Gold Rush of 1849 and 1850, travelled in Conestoga wagons carried with them slips of roses. Hundreds of Father Hugo and Austrian Copper roses are found blooming today in Colorado and the West. There were even a few rose slips carefully tended on the Mayflower or one of the ships that came soon after to the shores of America.

One of the most beautiful gardens of yesteryear was that of Robert and Louisa Cunningham, of Laurens County, South Carolina. Their love and taste of the beautiful was expressed in their creation of about a fifteen-acre garden encased by a park and grove of trees. English roses predominated in the formal gardens, giving the name "Rosemont" to the estate.

Ann Pamela Cunningham, their daughter, who was an invalid from childhood, inherited her parents' great appreciation for roses and other flowers and was happy to live in their "Paradise of Petals". In the summer of 1853, she received a letter from her mother who, while on a boat ride down the Potomac, was not pleased to see the dilapidated condition of Mount Vernon. She longed to acquire and restore Washington's great estate as a patriotic shrine. As Miss Cunningham read her mother's message, she was inspired to start a project with which she devoted the rest of her life. Immediately, she launched a fundraising campaign which not only had the help of famous people like Edward Everett and Washington Irving, but many school children of America contributed ten cents each. Mount Vernon was purchased and Ann Pamela Cunningham, first regent of the association, signed the papers. The untiring efforts of this great lady and her fellow Americans had preserved for humanity Mount Vernon. However, "Rosemont" itself was destroyed by fire and only the hardy old roses went native beyond the garden into the forest.

Along with Rhodes<sup>24</sup>, England, and other countries, the United States made its contribution to rose coinage and usage. William Wood, an Englishman, obtained a patent from George I to make copper tokens for the American colonies. The first pieces he struck were undated; others bear the dates 1722, 1723, 1724 and 1733. The "Rosa Americana" were issued in three denominations, two pence, one penny and half penny. They had a full-blown rose on the reverse side with the words, ROSA AMERICANA UTILE DULCI, "American rose, the useful with the pleasant". On the other side was the head of George II with the legend, translated: "George, by the grace of God, king of Great Britain, France and Ireland". These Rosa Americana tokens were not well received by the American colonies.

Close to five thousand songs about roses have been written. The most familiar ones include: My Wild Irish Rose, To a Wild Rose, and Days of Wine and Roses. In the antebellum and Civil War period, several folk songs combined the theme of love and the rose. Stephen Foster didn't forget the flowers in his works, giving us, Ah, May the Red Rose Live Always, among others.

General Sherman was stationed at Monterrey, where he fell in love with a Spanish girl. She loved him and when he was ordered away, she gave him a rose. He returned it and asked her to plant it. She said: "If you love me, it will grow". It did – to become a great bush, but he did not return!

The Bouquet Room at the White House in Washington, DC, is situated so that the guests may look out on the large red and pink rose garden.

American contributions to rose development have been important and started with the creation of the Noisette Class by John Champneys of Charleston, South Carolina about 1813. In 1835, Samuel and John Feast of Baltimore, Maryland, created *R. setigera*. Hybridists M.H. Horvath, Jackson Dawson, James Farrell, Dr. Walter Van Fleet and M.H. Walsh did the major work in the development of *R. multiflora* and *R. wichurians* climbers and ramblers.





*Rosa setigera*

The passing of the United States Plant Patent Act in 1930 had stimulated the production of new rose varieties in both the United States and Europe. The assurance of royalties encouraged research and proved an incentive to rose breeders. Over 50 million rose plants are sold annually in this country. The cut rose industry for florists grows over 20 million plants a year.

Every June, the “Rose City of the World”, Portland, Oregon, has a glorious rose festival. The city motto has long been: “For you a Rose in Portland Grows.”

Elizabeth Park Rose Garden in Hartford, Connecticut, is recognized as the first public American Rose Garden. Today, thousands of people visit many public rose gardens in America and throughout the world.

Several states claim the rose as their state flower. The District of Columbia, the American Beauty; Georgia, the White Cherokee; North Dakota, the Prairie Rose; Iowa, the “Wild Rose”; and New York State’s flower is a generic rose.

Towns have been named for roses. York and Lancaster, Pennsylvania are known as the Red Rose City and the White Rose City, following the tradition of the Wars of Roses. Red and white roses are planted along the Lincoln Highway outside these towns and the same ideas and colors are carried out in sports such as basketball and football games. Some teams are named “Red Roses” and “White Roses”, competing against each other.

The Peace Rose, originated by France's Francis Melilland, made its first public appearance in San Francisco in 1945. A number of Peace rose gardens have been planted in the United States. The Jacksonville, Florida Peace Memorial Park has over two hundred Peace roses which were planted in tribute to American soldiers. Abilene, Texas has a rose of about one thousand Peace Roses.



*Peace rose*

There are many public and semi-private rose gardens in the United States. The twentieth century rose hybridizers, nurserymen and rosarians were numerous. Among them were Dr. Horace McFarland, the Father of the American Rose Society and Robert Pyle, Nurseryman.

A rose story worthy of three appearances in Ripley's "Believe It or Not", merits further sharing. In 1934, a San Franciscan carpenter, Anton Zitnik, spent seventy-five cents for a rose plant to cheer his wife, who was ill. After enjoying it several weeks in the house, it was planted in their garden and forgotten. After "Mama" died, Mr. Zitnik took a new lease of interest in that rose and began to nurture it. The rose was a Seven Sisters rambler and as it grew upward it was a natural decoration for the white wall fence. Mr. Zitnik decided to write a message with the fast-growing shoots. His first work spelled "A.M.Z.", meaning Anton and Mary Zitnik. Later he espaliered the rose to make the year 1945. Thereafter, each new year was written in rose figures, each being about six feet high. This rosebush has been called the Victory rosebush and grew profusely on Golden Gate Avenue, reminding those who passed of the current year.

To commemorate the sixty-fourth birthday in 1946 of Franklin Delano Roosevelt, every member of the House of Representatives

wore a white rose. This was a tribute to the man and name, "Roosevelt", which means "field of roses". President Roosevelt was buried, according to his request, in the rose garden of the family estate at Hyde Park.

The largest rosebush in the world, according to the Guinness Book of Records, is found in Tombstone, Arizona. Around the turn of the nineteenth century, a young bride from Scotland went with her husband, a mining official, to Tombstone. The young woman was lonely and homesick for the beautiful plants and flowers of her native country. One day, a packaged gift of a rose cutti (R. banksia) from her mother's garden in Scotland was delivered to her. She was overjoyed with the plant, which reminded her so much of the life that she had left behind. The rose slip took root in Arizona's hard, dry soil and grew like magic. Every year it grew larger and each season the flowering increased. In the daytime, the flowers were white and at night, they were silvery. The scent of this rose is still like the most fragrant violets. The great gnarled trunk is over seven feet in circumference and the entire plant covers an area of about 6,000 square feet. The branches spread over the Rose Tree Inn, where people have dined in the shade and aroma of this famous rosebush, which has a six-foot spread above the arbor. Every April over 200,000 blooms resemble a huge snowbank. Although the gentle Scotch woman passed on, the Lady Banksia rose still grows in splendor.



*Trunk of Lady Banksia  
Tombstone, AZ*



*Rose bloom, Rose Tree Inn*

More and more, the motto of the American Rose Society is being realized, until one day there may be “a rose for every home, a bush for every garden”.

# COOKING WITH ROSES

## *RECIPES*

### ROSE PETAL JAM

4 cups rose petals  
2 cups boiling water  
2¾ cups sugar  
2 Tbsp honey  
½ Tbsp lemon juice  
Red food coloring

Select fragrant, red rose petals that have not been sprayed or dusted within two weeks. After the dew dries, but before the hottest sun shines, gather enough petals to measure about ½ gal. Remove the white-yellow tip from each petal. Wash, drain and dry on paper towels. Cut into ¼ inch strips (stacking petal on petal and cutting several at a time). Measure about 4 cups of prepared petals. Bring water to boil in a saucepan. Add petals. Simmer for about 10 minutes or until color is drained from petals. Strain petals from liquid and set them aside for later use. Blend sugar and honey to rose liquid and cook to a slightly thickened syrup. Stir in the drained petals. Add red food coloring for a rich red color. Simmer over low heat for 30-40 minutes. Stir to avoid sticking. Add lemon juice. Continue cooking until thickened. Pour into sterilized jars and seal.

## TURKISH ROSE PETAL JAM

The rose petals are gathered early in the morning from flowers which have just opened that day. Petals of the damask rose are the sweetest, although those of *Rosa gallica* and General Jacqueminot have been used.

The white and yellow base or heel is cut off with scissors and the petals are washed and drained. To each cup of rose petals, take one cup of water and one cup of sugar and boil until the syrup hardens on the spoon. At the right moment, a little lemon juice should be added and a bit of tartaric acid. If they are not done exactly the right way, they can be bitter. The jam is poured into little jars and allowed to cool. The next morning it is sealed with wax and covered.

A Turkish recipe from Constantinople says to plunge the petals into boiling water and gently agitate them until they become transparent, pass them through cold water and then do them up as above.

## ROSE JELLY

Many homemakers choose to save time by using a commercial pectin. If so, when making rose petal jelly with numerous other fruits like quinces, apricots or plums it is easy to add the rose petals to the fruit base when it is being prepared or first boiled. Also, the petals may be added at the time when the jelly is about ready to gel and the hot jelly can be strained into the glasses to remove the rose petals.

The easiest way is to purchase a prepared mild jelly and blend crushed rose petals into it to impart rose flavor. Grandmothers would frown on such a procedure, regardless of time saved.

Gather 2 quarts of fresh red rose petals that have not been sprayed for at least two weeks. Remove the white-yellow base from each petal. Wash and drain. Simmer petals very slowly in 1 quart of

water until they have transferred their color and fragrance to the liquid (about 20 minutes). Strain. Add 4 cups of sugar to the infusion. Add 1 tablespoon of lemon juice. Bring to a full boil, then add a box or bottle of commercial pectin. Boil for 1 minute. Skim. Pour into sterilized glasses or jars. Cover with paraffin and seal.

### ANOTHER ROSE PETAL JELLY RECIPE

Gather a gallon or two of fragrant red rose petals. Remove the white-yellow base from each petal. Wash, then dry with a soft absorbent dish towel or paper towels. Place on platters or on paper towels to dry. Cover and keep in cool shady place. When dried, make apple jelly with good cooking apples, unpeeled. When the apple jelly is at the point of having the juice and sugar well dissolved, add all the petals that the liquid will hold. Boil a few minutes or until the color is drained from the rose petals. Strain off the juice from the petals. Cook until jelled and put into jars. Paraffin and store in cool place.

### RED ROSE AND RASPBERRY JELLY

1 lb raspberries  
1/4 lb red rose petals  
Sugar

Run raspberries and rose petals through food chopper, fine blade or blender. Strain off the juice, using cheese cloth or strainer. Measure the juice and add an equal amount of sugar. Cook on low heat until thickened. Pour into hot sterilized glasses.

## MINT AND ROSE PETAL JELLY

Prepare your favorite mint jelly or purchase it at the grocery store. If using homemade jelly, when ready to pour, place rose petals or rose scented (Eglantine) aka sweetbriar leaves in the bottom of the glass (commercial mint jelly heat to boiling point). Pour the hot jelly over the leaves. Put extra petals on top. Paraffin and seal.

Serve rose petal jellies on bread or with desserts (cakes, pies, puddings, ice creams, cookies). Also good with salads, poultry, veal, and fish.

## RASPBERRY AND ROSE WATER MARMALADE

3 to 3-½ cups raspberries  
2 cups sugar  
2 Tbsp rose water

Clean and wash raspberries. Dissolve the sugar in the rose water, and boil for about five minutes. Crush the raspberries, add to sugar solution, stirring well. Cook slowly for thirty to forty-five minutes or until thick. Pour into hot sterilized jars and seal.

## ROSE AND CITRUS MARMALADE

2 cups yellow or orange rose petals, fragrant  
1 medium-sized orange  
1 medium-sized grapefruit  
Water  
Sugar

Wash fruit thoroughly and cut in quarters, then in very thin slices,



discarding all membranes. Save the rind, pulp and juice. Cover the pulp and rind with cold water, place in a bowl and let stand overnight. Cook in the same water in a heavy kettle until tender. Let stand for 5 to 6 hours.

Gather fragrant yellow or orange rose petals which have not been sprayed within two weeks. Wash well and cut petals into fine strips, after removing the bitter heel from each petal.

Weigh the fruit, liquid and petals, or measure in cups and add an equal amount of sugar. Cook until the syrup meets the jelly test (when two drops drip from the spoon  $\frac{1}{4}$  to  $\frac{1}{2}$  inch apart, it is near the jelly point, the two drops will run together and drop off in a flake). Stir constantly to prevent scorching. Pour into hot sterilized jars and seal at once.

## ROSE LEAF CONSERVE

Collect lots of red rose petals that have not been sprayed. Wash and dry thoroughly. Boil to 240 degrees:

1 pint of rose water  
1 pound sugar  
1 clove to each quart of rose petals

Drop in the rose petals a few at a time, as many as the syrup will take and simmer for 5 minutes only. Remove rose petals and place them in the bottom of sterilized jars or small jelly glasses. Boil up the syrup once and pour it over the petals in the jars. Seal or paraffin. Use to flavor tea, garnish ice cream or other desserts.

## ROSE PETAL AND RHUBARB CONSERVE

3 cups red, fragrant rose petals, cut in thin strips  
3 cups finely diced rhubarb  
6 cups sugar  
1 cup crushed canned pineapple, drain  
1 Tbsp grated lemon rind  
¼ cup lemon juice  
1 Tbsp grated orange rind  
¾ cup orange juice  
1 cup coarsely chopped almonds, pecans or English walnuts

Combine all ingredients except the nuts in a heavy kettle. Bring to a boil, stirring until sugar is dissolved. Boil rapidly, stirring frequently until thickened. Add nuts about 5 minutes before removing from heat. Pour immediately into hot sterilized jars and seal at once.

## SUN COOKED CONSERVES

Conserve seem to turn out well if cooked in the sun for a month to six weeks. To each cup of fragrant red rose minced petals, add 2 cups of sugar. Place in sterilized jar, cover and set in the sun. Remove excess syrup and use as rose sauce. This candied conserve can be used in fruit cakes and for other desserts.

India has a number of excellent rose dishes. They use the sun and sugar method for their conserves, which they claim aids in relieving stomach troubles.

## ROSE SPREAD

1 Tbsp cornstarch  
¼ cup cold water  
1 c boiling water  
½-¾ cup sugar  
Juice of two lemons  
½ cup butter  
3 egg yolks  
1 whole egg

Dissolve cornstarch in the cold water. Add boiling water gradually. Cook, stirring constantly, until the mixture is clear and thickened. Add the sugar, lemon juice and butter. Beat the egg yolks and whole egg and blend with a little of the hot sauce before adding to the hot mixture. Cook, stirring constantly, over boiling water for 3-4 minutes. Remove from heat, add 1 tsp grated lemon rind and rose extract to get desired rose flavor. Use hot to spread on hot biscuits, coffee cake, or muffins. Can be served cold with jello, puddings or other desserts.

## ROSE HIP MARMALADE

To clean rose hips, scrape each hip or berry and cut off the tip and through the opening, remove the pull with the aid of a small spoon. Clean well, removing all fine hairs. Wash and rinse well.

2 lbs of rose hips  
1 pint water

Remove the dead flower tips and stems. Boil until hips are tender. Strain out the seeds from the pulp. For each pound of hips, add 1 lb of sugar. Boil, stirring constantly until the mixture jells.

## ROSE HIP EXTRACT

Gather rose hips and chill. Remove ends, stems, leaves, etc., and wash quickly. For each cup of rose hips, add 1 ½ cups of water and bring to a rolling boil. Cover and simmer 10-15 minutes. Place in pottery bowl, cover and let set overnight in the refrigerator. Strain off the extract. Bring to a boil and add 2-3 Tbsp of lemon juice for each pint of extract. Pour into jars and seal. Store for future use. Add to cereals, fruits, desserts.

## ROSE HIP JAM

Use large hips for jam. Cut the hips in half. Remove seed and bristles. Wash thoroughly and be certain all seed are removed. Add water to cover and simmer until soft. Press through a strainer. Measure strained puree and add an equal amount of sugar or honey. Stir and cook until the right consistency. If prefer tart, lemon juice may be added.

## ROSE SYRUP

Gather quite a few fresh, red, fragrant rose petals. Snip off the bitter tip or heel, wash and drain the petals. Pour boiling water over them, enough to cover the petals. Simmer very slowly for 20 to 30 minutes. Strain. Measure rose juice. Add 2 cups of sugar for every cup of the rose liquid. Stir well. Bring to a rolling boil or until slightly thickened. May add red food coloring to make a brighter syrup. Cool and pour into jars for storing in the refrigerator. May reheat and serve hot over pancakes or waffles. Sprinkle a few candied or crystallized rose petals on top of waffles or rose Crepe Suzettes. Syrup may be used to top puddings and vanilla ice cream.

## QUICK ROSE SYRUP

2 cups sugar  
1 cup white corn syrup  
1 cup strong rose infusion (rose water)  
2 tsp lemon juice  
Red food coloring

Cook slowly for ½ hour. Cool. Add the lemon juice and red food coloring. Mix well and put into syrup bottles with tight tops. If storing indefinitely, seal tops with melted hot paraffin. Store in refrigerator or cool place.

## ROSE PETAL SYRUP

Rose petals, about 1 quart  
Sugar, 3 cups per one cup water  
Cold water

Select fresh, unbruised, fragrant rose petals (red, or can use red food coloring). Remove yellow tip or heel. Wash, dry and spread on a clean cloth or screen to dry for a day or two. When about 1 quart of rose petals are dried, press them tightly together. Put the pressed petals in a heavy enamel pan or crockery pot. Barely cover the petals with cold water. Measure the water. Bring to boiling point over a medium heat. Gradually add 3 cups of sugar for each cup of water used. Boil slowly for 10-12 minutes or until syrup is formed. Strain through filter cloth. Bottle, cork or seal tightly. Can dip top in melted paraffin. Keep 2-3 weeks before using. Yield: ½ to ¾ pint.

## SYRUP OF ROSES

1 lb very fragrant rose petals (washed, de-heeled)  
3 lbs sugar  
1 pt water

Boil sugar and water for 12 minutes, remove all scum. Crush rose petals in mortar or run through electric blender. Add petals to the boiling syrup. Cook until they lose all color. Strain liquid into sterilized bottles and seal.

## DULCEATA

It is a custom in Romanian homes, rich or poor, to serve the sweet dulceata (preserves) to anyone who visits. As soon as the guest is seated, someone appears with a tray containing a glass of ice-cold spring water and a pretty plate with about a teaspoonful of dulceata on it. The guest takes the water and the sweet preserves as a symbol of the hospitality of the home. This tradition has been passed down from family to family from ancient times. Both flowers and fruits are used in making dulceata. One favorite is made from rose petals.

## ROSE PETAL DULCEATA

- 1 lb rose petals
- 2 tsp powdered sour salt
- 4 lbs sugar
- 2 Tbsp powdered sugar
- 2 lemons

Gather fresh, fragrant, red rose petals. Cut off the white tip at the stem end and wash well. Drain. Place in a pot (not metal). Add 2 quarts of water and boil 3-5 minutes. Remove from heat. Add 2 Tbsp powdered sour salt. Let stand 15 minutes. Strain. Save the petals for future use. Let liquid set a short time to clear. Pour liquid in jam cooking pot and add 4 lbs sugar. Dissolve. Boil into a syrup. While boiling syrup, add 2 Tbsp of powdered sugar to the saved petals and knead well. Add to the syrup. Cook until jelled. Put into a porcelain dish and cover with a wet towel. Let cool and use or store in jars.

This preserve is tasty on toast, other breads and as a dessert topping. Also, it makes a refreshing drink when added to cold water, carbonated waters or seltzer.

## ROSE HONEY

Rose honey is one of the rarest and the most delicious sweets and it satisfies almost every taste and pampers the most sensitive palate. The following are two popular methods of making rose honey. For a delicate flavor use the first method.

1. Warm honey slightly and add rose petals.
2. Boil honey, which is the English way of making rose honey.

Bruise freshly gathered, de-heeled, fragrant, washed rose petals.

Place petals in a small saucepan and pour orange, clover or a mild honey over the petals. Warm over low heat for 2 minutes. Pour into a sterilized jar and seal tightly. Allow to stand in a warm room for about a week. Warm only enough to strain petals from the honey, which should have become a rich red, if red petals were used.

For many years the English have favored honeys with dried rose petals and dried rosebuds. Either of these can be used to make a rose infusion with boiled distilled water. Strain off the rose water and add to twice as much honey. Heat and gently simmer until a thick syrup is made. Boiling seems to take away the flavor so it is wiser to just warm or keep below boiling point. Pour into bottles or sterilized containers. Seal.

## HONEY OF ROSES

2 cups mild honey  
2 cups red rose petals

Bring honey to a boil in top of double boiler. Remove scum. Add rose petals. Set top pan in position over water and boil for about 20 minutes. Additional petals may be added for extra color and flavor after first 10 minutes of cooking. Let stand for about 10 minutes. Strain while hot and pour into sterilized jars. Seal.



## ROSE SUGAR

1 lb white sugar  
2 lbs fragrant red rose petals

Gather rose petals that have not been sprayed with chemicals for at least two weeks. Remove the bitter tip from each petal. Wash thoroughly and dry. Pound into very fine powder with mortar and pestle or grind to a fine flour in an electric blender. Add to sugar. Use for decorating desserts, salads and drinks.

## ROSE-SCENTED POWDERED SUGAR

Gather fragrant roses. Remove bitter tips and wash well. Drain and completely dry each petal. Arrange a layer of powdered sugar in a wide-mouthed jar or bowl that has a lid that will close tightly. Add a layer of petals and alternate sugar and petals until almost full. Screw lid on to seal well. Place in a cool, dry, dark place for several days in which time the sugar will absorb the rose scent and is ready for use on fresh fruits, desserts, pudding, or in drinks.

## ROSE BUTTER

Gather several containers of fresh, fragrant red rose petals that have not been sprayed with chemicals within two weeks. Snip the whitish-yellowish tip off each petal. Wash and dry. Place alternate layers of sweet butter and petals in a large-mouthed jar or container that can be covered and sealed. Set in the refrigerator for several days. May rework the butter and mold in individual pats that have a rose imprint. Serve with hot biscuits and home baked breads. Delicious!

## ROSE HONEY BUTTER

Cream  $\frac{1}{2}$  cup of sweet or non-salted butter and  $\frac{1}{2}$  to 1 cup of rose-scented honey. Delightful for waffles, pancakes, French toast, biscuits and other breads.

## ROSE VINEGAR

Gather fresh fragrant roses, preferably red. Wash and remove the white-yellow base from each petal. Drain and spread out the petals on a clean cloth or paper towel for a few hours. Pour  $\frac{1}{2}$  gallon of white vinegar in a gallon glass jar. Add enough rose petals to fill the jar. Cover the jar tightly and place where it will get full sun every day for 3 to 4 months. A smaller container may be used, but equal parts of petals and vinegar must be used. When ready to use the vinegar, strain to remove the petals.

## EASY ROSE PETAL VINEGAR

2 cups rose petals, finely chopped  
1 cup sugar  
1 qt white vinegar

Select fresh, fragrant petals, preferably red. Remove white-yellow tip from each petal. Wash thoroughly under cold running water. Dry on towels or absorbent paper. Pour vinegar into saucepan over medium heat and bring to boiling point. Add sugar and petals. Stir well. Boil gently for 10 minutes. Remove from heat. Immediately strain through a fine sieve or cheesecloth. While very hot, pour vinegar into hot sterilized bottles. Cork tightly. May seal by dipping top of bottle in melted paraffin.

## ROSE FRENCH DRESSING

1 cup rose scented olive oil or salad oil  
¼ cup rose red wine vinegar  
½ tsp sugar  
1 tsp salt  
⅛ tsp white pepper  
¼ tsp paprika  
1 tsp dry mustard

Blend all dry ingredients. Place in wide-mouthed jar. Pour rose olive oil and vinegar into jar. Shake or stir well. Let stand at room temperature for 2 to 3 hours. Shake.

## ROSE YOGURT SALAD DRESSING

1 pt fresh rose yogurt  
½ tsp salt  
2 Tbsp rose honey  
¼ tsp curry powder  
4 tsp lemon juice  
⅛ tsp paprika

Blend salt, honey, curry powder, lemon juice and paprika in a mixing bowl. Gradually stir in rose yogurt until blended. Makes about 4 servings.

## CRYSTALLIZED PETALS

Select highly scented fresh roses in reds, pinks or color desired. Remove the white-yellow base from each petal. Wash, drain and dry. Slightly beat the white of one egg. With a small pastry or paint brush, or with fingertip, lightly cover both sides of each petal with egg. Shake or sprinkle very fine sugar on both sides of petals and place them on waxed paper to dry. These petals are delicious and may be used for trimmings, cakes, floating in a cup of tea or served as candy. Use same treatment for buds or whole roses.

## CANDIED ROSE PETALS I

Preparing Candied Rose Petals is easy enough! The confections are delicious eaten as chips or used as a garnish on frosted cakes or ice cream.

In the morning, select red or bright-colored fragrant roses. Make a simple syrup of 1 cup sugar and 1 cup of water. Add a few drops of food coloring if desired. Color added depends upon the color of petals used. Usually red or rose pink are the favorite colors. Boil until it spins a thread or to 234 degrees F on a candy thermometer. Remove from heat and allow to cool. When syrup begins to crystallize, dip petals in, a few at a time. Spread them out, well-spaced, on waxed paper. Leave plain or, as they begin to harden, dust with powdered sugar.

## CANDIED ROSE PETALS II

2 cups sugar  
1 cup hot water  
¼ cup light corn syrup  
Pinch of salt  
Red food coloring, if desired  
2 quarts to 1 gallon loosely measured, fragrant rose petals, preferably red

Gather non-sprayed rose petals in the morning after dew has dried but before sun is hot in order to get the sweet oil of roses. Remove the bitter tip from each petal, rinse, and dry on an absorbent towel.

Combine sugar, hot water, corn syrup, salt and food coloring, if petals are not a “red-red color”. Place over low heat, stirring until sugar is dissolved. Wipe sugar crystals from sides of pan and cook to a soft ball stage, 230° F on a candy thermometer. Add the rose petals and cook until candied. If individual petals are needed, remove one at a time, drain and roll in granulated sugar. Very large petals lend themselves better to the candying of separate petals.

An old book from 1695 of “simples” (herbal remedies), *A Queen’s Delight*, gives instructions on candying rose petals. This is the recipe in modern English.

## CANDIED ROSE PETALS (1695)

Dip rose petals in slightly beaten egg whites or weak gum Arabic and lay on a greaseproof paper sheet covered with sugar. Sprinkle both sides of the petals with sugar and leave them to dry in a warm place or a cool oven. Store the petals in a jar with sheets of paper in-between layers and use for decoration on cakes or as sweetmeats. A few spots of cochineal (coloring) added to the egg will help with the color.

## FROSTED ROSEBUDS

Gather fresh rosebuds in the morning after the dew has disappeared. Leave stems long so as to hold in hands like cocktail maraschino cherries. Cover the rosebuds with a thin coating of slightly beaten egg white with fingers, brush, or may dip.

Next, coat buds with powdered (confectioners) sugar. Place on waxed paper to dry for a few hours. Arrange stems in large mouth Kerr-type, ½ pint glass jars and seal or close so airtight. Store in cool place or in refrigerator.

## SPICED ROSEBUDS

4 cup tiny rosebuds with stems  
1 ½ cup boiling water  
2 cups sugar  
½ cup vinegar  
Bit of stick cinnamon  
1 tsp allspice  
1 tsp cloves  
(Pickling spice can be used as an alternative, to taste)

Combine boiling water, sugar, vinegar and spices. Bring to a boil, stirring until sugar is dissolved. Add the rosebuds and bring to a boil. Place in hot, sterilized small jars and seal, or cool then refrigerate to serve when desired.

## ROSE DIVINITY

3 cups sugar  
¾ cup light corn syrup  
¾ cup water  
2 egg whites, stiffly beaten  
1 pkg strawberry, cherry, or raspberry Jell-O or gelatin  
1 cup crystalized rose petals

Combine sugar, corn syrup and water. Bring to a boil, stirring constantly. Reduce heat and cook to hard boil stage (252° F), stirring occasionally. Combine beaten whites and gelatin. Beat until mixture forms peaks. Pour the hot syrup in a thin stream into the egg whites beating until the candy loses gloss and holds shape. Fold in rose petals. Pour in greased pan or drop by spoonfuls on buttered pans, plates or waxed paper.

## ROSE "TOBACCO" CANDY

In the Colonial Days, rose petals were packed in stone jars with alternate layers of brown sugar or maple sugar. Soon the petals and the sugar "conglomerated" into a gummy, brown, close-grained mass - not really an overly alluring substance to see! It was known among the children by the rather unromantic name of "rose tobacco." This cloying confection was in high repute. It was chipped off and eaten in tiny bits and was much treasured as a love-token or reward of good behavior.

## ROSE CANDY

2 cups sugar  
1 cup boiling water  
¼ tsp soda  
½ tsp cream of tartar  
Pinch of salt  
Rose flavoring (extract) to taste

Blend well all ingredients except the rose flavoring, in a two-quart heavy saucepan. Bring to a boil and cook rapidly until the syrup reaches the soft-ball stage or 238° F on a candy thermometer. Remove the syrup from the heat and pour it at once onto a cool wet marble slab or china plate. Let the syrup cool for a few minutes, then with a rubber scraper, work the syrup into a circle until it becomes white. When cool enough to handle, knead candy until it is creamy. Store in tightly covered glass jar for 2 to 3 days before using. Melt fondant over boiling water and flavor with the rose extract. For pink or other colors, add food coloring. Pour or pat into rose molds or drop the melted candy from the tip of a spoon on lightly oiled or buttered cookie sheets, platters or waxed paper to cool and set.

## OLD-FASHIONED ROSE CANDY

Dissolve 3 pounds white sugar in 1 cup cold water flavored to taste with 1-2 drops of essential oil of roses. Add red food coloring to get red or pink candy.

Bring sugar, water and rose oil to boil over medium heat. Turn up the heat. Continue boiling briskly until liquid tested in cold water will harden and snap lightly. This occurs at 292° F. Drop quickly on buttered board or pour into shallow buttered pan and cut into squares. If fresh rose petals are used instead of rose oil (for a more delicate



flavor), be certain they are bruised or crushed before infusing in the cup of heated water. Cool water or infusion before adding to sugar.

## ROSE MINTS

4 cups powdered sugar  
 $\frac{2}{3}$  c sweetened condensed milk  
Few drops of rose pink paste food coloring  
 $\frac{1}{4}$  tsp rose extract

Sift powdered sugar. Mix milk, flavoring and coloring. Add to sugar gradually. Mix smooth with hands and form into small balls. Place on waxed paper. Flatten with tines of fork.

## SUGARED ROSES

6 fragrant roses  
A few mint leaves  
1 egg white  
1 tsp water  
Very fine granulated sugar

Open petals carefully so they are separated. Leave long stems for holding. Wipe leaves with damp cloth. Lightly beat egg white and water with a fork so as to form as little foam as possible.

With a soft paint brush, brush inside of each petal with egg white. Lay on plate and sprinkle heavily with sugar. Shake to remove excess sugar. Repeat on outside petals. Dry overnight. Sugar the leaves the same way. One can dip the flowers and leaves in the egg white if the excess is taken up with a cotton swab.

To be eaten sugared or can be arranged and served in cut-glass bowls. Also, they are lovely on cakes or petit fours.

## PERKY POPCORN DESSERT

1 cup sugar  
1 cup water  
½ tsp salt  
1 cup strained rose honey  
2 Tbsp lemon juice  
Red food coloring  
2-3 cups unsalted popped corn  
6 tsp grated lemon rind  
1 cup crystalized rose petals

Cook sugar, water and salt in saucepan until syrup forms soft ball when dropped in cold water. Remove from heat. Add 1 cup strained rose honey, 2 Tbsp lemon juice and red food coloring as desired. Mix together 2-3 cups of unsalted popped corn, 6 tsp grated lemon rind and 1 cup crushed crystalized rose petals. Pack in buttered loaf pan or baking dish. Pour syrup over all. Bake 10-15 minutes at 375° F. Serve warm with whipped or heavy cream. Tasty with yogurt, too. Serves 6.

## FOAMY ROSE SAUCE

2 egg yolks  
2 egg whites  
1 cup powdered sugar  
½ tsp vanilla  
3 Tbsp butter or margarine  
¼ cup rose petal jelly  
½ cup whipped cream

Cream butter and sugar. Add egg yolks and beat in double boiler over boiling water until thick. Fold in thickly beaten egg whites. Add vanilla and rose jelly. Cool. Fold in whipped cream. Serve with puddings.

## ROSE VINEGAR SAUCE FOR PUDDINGS

⅔ cup butter or margarine  
2 cups powdered sugar  
2 tsp red rose vinegar

Cream the butter until soft and light. Add sugar gradually. When very fluffy, add the red rose vinegar drop by drop.

## ROSE-BUTTER HARD SAUCE

1/3 cup rose-scented butter  
2 cups powdered sugar  
1/8 tsp salt  
1/4 cup corn syrup

Cream butter well in a mixing bowl. Gradually blend sugar and salt into the butter. Add the syrup. Slowly add the remaining sugar and beat well. Chill before serving on pudding or other desserts.

## ROSE HARD SAUCE

1 cup butter  
3 cups sifted confectioner's sugar  
1/8 tsp salt  
Rose water, or rose syrup to taste

Cream the butter thoroughly. Beat in the sugar a little at a time and add the salt. Beat in the rose water or rose syrup, one teaspoon at a time, until the sauce is creamy and thick enough to stand in a peak.

## EASY MINT SAUCE

1/2 cup mint jelly  
2 Tbsp water  
2 tsp rose vinegar

Combine mint jelly, water and rose vinegar in small saucepan. Cook over low heat, stirring constantly until jelly dissolves and sauce is hot. Makes 1/2 cup sauce.

## ROSE WATER SAUCE

$\frac{2}{3}$  cup butter  
2 cups powdered sugar  
2 Tbsp rose water  
Food coloring, if desired

Cream butter until light and fluffy. Add sugar gradually, beating well. Slowly blend in the rose water and food coloring, preferably red, for a red or pink shade. Serve with puddings, cakes, pies and other desserts.

## FRIED APPLESAUCE CAKES

1 cup applesauce  
4 eggs, well beaten  
 $\frac{1}{4}$  tsp salt  
3 Tbsp flour  
Butter  
Candied lemon peel, chopped fine  
Powdered sugar  
Rose water

Combine the first four ingredients. Fry in small cakes, about 2-3 inches in diameter, in butter or oil. Dot top of each cake with lemon peel. When brown on one side, turn and cook until done. Serve with powdered sugar and sprinkle with rose water or use rose syrup.

## FRIED APPLE CAKES WITH ROSE SYRUP

2 cups sifted flour  
2 cups water  
½ tsp salt  
3 egg yolks  
3 egg whites  
1 Tbsp vegetable shortening  
6 apples, cut fine  
1 Tbsp butter

Mix flour, water, salt and egg yolks. Add stiffly beaten egg whites. Preheat frying pan with 1 tablespoon shortening or oil. Pour enough batter to cover bottom of hot pan. Add a thick layer of cut apples on top of batter. Slide knife under pancake to keep from burning. Add butter and turn pancake over, frying slowly. Serve with red rose syrup.

## ROSE PUDDING

1 cup white bread, in cubes or small pieces (crust removed)  
2 cups cream or milk  
6 eggs  
⅓-½ cup sugar  
2-3 Tbsp rose water  
Pinch of salt  
Nutmeg, freshly grated

Put bread and milk into a saucepan and cook over a low heat until thick. Beat mixture into a smooth mass. Add sugar, rose water, salt, a few dashes of nutmeg and the well-beaten eggs. Pour into a buttered baking dish and place in a pan of water resting in a preheated slow oven. Bake 45 minutes to 1 hour. Serve chilled with side dish

garnishes of toasted almonds and candied rose petals.

## ROSE-ALMOND PUDDING

1 pint cream or milk  
2 blades of mace  
Whole nutmeg, quartered  
1 Tbsp flour  
¼ cup sugar  
Pinch of salt  
5 eggs  
¼ lb finely ground almonds  
2 Tbsp rose water

Scald the cream. Add the mace and quartered piece of nutmeg, set aside. Mix flour, sugar and salt into the well-beaten eggs. Remove mace and nutmeg from cream. Heat cream to boiling point and little by little stir into the egg mixture. Cook over medium heat, stirring constantly until spoon is coated. Add almonds and rose water, cook a little longer. Pour into serving dishes or mold and serve chilled.

## ROSE RICE PUDDING

1 quart milk  
½ cup rice, uncooked  
6 tablespoons sugar  
2 cups water  
2 Tbsp rose water  
2 tsp salt

Bring milk to boil over low heat. Add uncooked rice. Simmer 20 minutes. Add sugar and cook 10 minutes. Add rose water and stir. Remove from heat and cool. Pour into dessert bowls. Refrigerate. Serve cold. Serves 6-8.

## PERSIAN PUDDING

1 quart milk  
6 Tbsp sugar  
3 Tbsp cornstarch  
1 cup cold water  
2-3 Tbsp rose water  
3 Tbsp blanched almonds

Bring milk to boil slowly over low heat. Add sugar, stirring constantly to prevent sticking. Dissolve cornstarch in cup of cold water and add to milk. When mixture has begun to thicken, remove from heat and add rose water. Stir well and cook 1-2 minutes longer (enough to thicken a little; only experience can tell exactly how long and how thick). Cool slightly. Pour into glass dessert dishes and refrigerate. Serve chilled and place almonds on top when serving. Serves 6.



## ROSE CUSTARD

2 cups cream  
4 egg yolks  
1 egg white  
1-3 Tbsp sugar, honey or brown sugar to taste  
Salt, pinch  
 $\frac{1}{8}$  tsp nutmeg  
2 Tbsp rose water

Beat yolks and whites together slightly. Add sweetening, pinch of salt and grated nutmeg. Slowly add the cream and rose water, stirring well. Pour into custard cups and set in pan of water. Bake in a slow oven until set.

## MILE-HIGH ROSE PIE

One 10-inch baked pie shell or individual small baked pie shells  
1 pkg frozen strawberries without juice  
1 cup candied (not crystalized) red rose petals  
1 cup sugar  
1 Tbsp lemon juice  
Rose flavoring extract to taste  
 $\frac{1}{8}$  tsp salt  
2 egg whites  
 $\frac{1}{4}$  pint whipping cream

Place the slightly thawed strawberries, rose petals, sugar, lemon juice, rose flavoring extract and salt in a large bowl. In another large bowl, beat the egg whites until very stiff. Whip the cream in a small mixing bowl and fold into the egg whites. With as few turns as possible,

gently fold the egg whites and cream blend into the berry-rose mixture.

Pile lightly into the pie shell or shells. Freeze overnight. Garnish with crystalized rose petals upon removing from the freezer. Serve at once. Do not let stand at room temperature for any length of time because the pie filling will melt and run.

## ROSY DEEP DISH APPLE PIE

Good enough to eat for breakfast!

For a rich almond pie crust, mix:

1½ cups flour

¼ cup lard (margarine or other vegetable shortening)

¼ cup finely grated almonds

½ tsp salt

As much cold water or ice water as needed to bind it (add a little at a time)

Roll crust thin, fold it into quarters and place in refrigerator until filling is ready.

Peel 4 pounds of tart apples (or use canned pie apples) and cut into eighths or bite-size pieces. Place apples in a buttered (about 2") baking dish and cover with the following mixture.

¼ cup melted butter

1 cup sugar

Grated rind and juice of 1 lemon

Roll chilled dough crust to fit baking dish with enough edge allowance to seal to sides of dish. Cut 3 or 4 slits or use a thimble to cut round

holes in pastry top. Place pastry over apples and seal to dish. Bake at 450° F for 15 minutes. Reduce heat to 325° F and cook another 45 minutes or until apples are tender. After pie is done, remove from oven and pour about 4 Tbsp of “rose rum” or rose syrup into the holes. Serve pie warm or hot with unsweetened thick cream. Serves 6-8.

## ROSE PIE TARTS

1 cup butter or margarine (can use one-half of each)  
1 cup sugar  
5 eggs, separated  
1 cup red rose petal jam  
¼ cup lemon juice  
2 tsp lemon rind  
Pie dough

Cream together the butter and sugar. Beat in the egg yolks, one at a time. Beat the egg whites until stiff and fold them into yolk mixture. Fold in the jam, lemon juice and rind. Fill tart pans that have been lined with rich pie dough (or pastry). Bake in hot oven (425° F) for 10 minutes. Reduce oven temperature to 350° F and continue baking for 15 to 20 minutes longer or until crust is golden brown. Garnish with whipped cream.

## ROSE CUSTARD PIE

2 cups cream  
Whole nutmeg  
Whole cinnamon stick  
4 egg yolks  
2 egg whites  
2 Tbsp white wine  
3 Tbsp sugar  
Pinch of salt  
½ cup almonds, ground fine  
2 Tbsp rose water  
Uncooked pastry shell

Scald cream with nutmeg and cinnamon. Cool. Beat egg yolks until thick and add to the stiffly beaten egg whites. Add the wine, sugar and salt to cream, and fold into egg mixture. Mix almonds and rose water and add to custard. Pour into uncooked pastry shell and bake in a moderate oven until set and a golden color.

## ROSE PIE WITH PINK CHOCOLATE SHELL

1 pkg lemon-flavored gelatin  
1 cup hot water  
Red food coloring  
2 cups heavy cream, whipped  
1 cup red rose petal preserves or rose jam  
Fresh lemon to taste  
One 9-inch pink chocolate shell

Dissolve lemon gelatin in hot water. Add food coloring to get a pink shade. Chill until partially set. Fold whipped cream and rose preserves

into gelatin mixture. Fold in lemon juice, a few drops at a time. Spoon into pink chocolate shell. Chill until set (about 4 hours). Just before serving, sprinkle top with a few crystalized rose petals.

## PINK CHOCOLATE SHELL

(Pink chocolate can be obtained from most candy stores or online.)

Line a 9-inch pie plate with a 12-inch square of aluminum foil, pressing over bottom, sides and rim. Remove foil and place on ungreased baking sheet. Put in the foil pan:

½ lb pink chocolate  
2 Tbsp butter or margarine

Heat in moderate oven (350° F) about 5 minutes. Remove from oven and replace foil in pie plate. Gently blend chocolate and butter. Spread over bottom of foil. Chill 8 to 10 minutes, or until chocolate is of spreading consistency. With back of spoon, swirl chocolate evenly over sides, forming a scalloped edge around rim. Chill about ½ hour.

Remove from plate and carefully tear off foil. Return shell to pie plate. Keep chilled.

## PARSNIPS TART MADE WITH ROSE WATER

10 young, tender parsnips  
White wine  
Water  
3 eggs, well beaten  
1 cup fine breadcrumbs  
Sugar  
Juice of large lemon  
Rose water  
2 Tbsp butter  
Pastry

Cut peeled parsnips into pieces and cook until tender in half white wine and half water. Drain well and mash to a smooth pulp. Add beaten eggs, breadcrumbs and season with rose water. Add sugar to taste, the lemon juice, and melted butter. Place mixture in unbaked pastry shell and bake in moderate oven until set.

## UNCOOKED ROSE PETAL FRUIT CAKE

2 lbs graham crackers  
1 cup brown sugar  
1½ tsp salt  
1 cup candied red rose petals  
½ cup candied cherries, chopped  
½ cup candied citron, chopped  
½ cup candied orange peel, chopped  
¼ cup candied lemon peel, chopped  
½ cup figs, chopped  
½ cup walnuts or pecans, chopped  
1 or 2 cans of condensed milk

Roll graham crackers until very fine. Add sugar and salt followed by fruit and nuts, one variety at a time, mixing well. Pour in enough condensed milk to make a mixture of workable consistency. Press into buttered pan, cover with waxed paper and chill overnight in refrigerator.

## ROYAL ROSE CAKE

Today, a cake can be made similar to one made by Lady Elizabeth, Royal Princess and daughter of King Charles I. Perhaps she had it made by her kitchen helpers who took the recipe from that old cookbook, “The Queen’s Closet Opened”, which read something like this:

*Take halfe a pecke of flowre, halfe a pinte of rose water, a pinte of ale yeaste and a pinte of creme. Also, a pounce and a halfe of butter, six eggs (only yokes used, leave out whites), four poundes of currants, one halfe pounce of sugar, one nutmeg, grated, and a little salt.*

Work all this together very well. Let stand halfe an hour by the fire. Then work it again. Make it up and let stand an hour and a halfe in the oven. Let not your oven be too hot.

## ROSY POSY GUMDROP ROSES CAKE

Two 9 inch white cake layers  
Basic decorating frosting, see recipe below  
Red food coloring  
No. 48 decorating tip  
No. 4 small decorating tip

Gumdrop Roses  
100 large pink gumdrops  
10 large green gumdrops  
Granulated sugar

Basic Decorating Frosting  
1 lb sifted powdered sugar  
½ cup vegetable shortening  
¼ cup water  
1 tsp vanilla or may use rose flavoring extract to taste  
¼ tsp salt  
1 drop butter flavoring, clear and colorless

Whip all ingredients together at high speed for 5 minutes. This frosting can be thinned or thickened as needed for decorating purposes. The basic recipe is for making sugar frosting roses and leaves.

For frosting the sides and top of the cake, measure out into a bowl 1¾ cup of the basic frosting and from ½ to ¾ tsp of water and thin to spreading consistency. Cover bowls of frosting while setting. When ready to spread, you may need to add a drop or two of water and blend well.

In a small bowl, measure 1 cup of the basic frosting and add ¼ to ½ tsp of water to thin. Add enough red food coloring to tint a delicate pink. Blend well. Turn into a pastry or frosting decorating bag with the #48 ribbon decorating tip.



Place the two cake layers on a serving plate or footed cake holder. Put layers together with about  $\frac{1}{2}$  cup decorating frosting thinned with a little water to make spreading easier. Spread the  $1\frac{3}{4}$  cup frosting on sides and top of cake, smoothing with a spatula. Place remaining frosting (about  $1\frac{1}{4}$  cup) into a pastry bag with the #4 small decorating tip. This is used for making part of the basket.

Mark outer edge of cake dividing into 32 even sections. Place cake plate on stand or inverted bowl to raise to eye level (Diagram A).

Using #48 decorating tip, overlapping the vertical line, make three horizontal basket weaves on side of cake (Diagram B). Also, make second vertical line with #4 decorating tip (Diagram C). Then between the three horizontal basket weaves, make three more, extending to overlap the second vertical line (Diagram D).

Continue alternating horizontal basket weaves around the cake and the vertical lines down the cake to give a woven effect (Diagram E). Using the #4 decorating tip, make a loop to join the pairs of vertical lines around the top of the cake (Diagram E). Refrigerate cake.

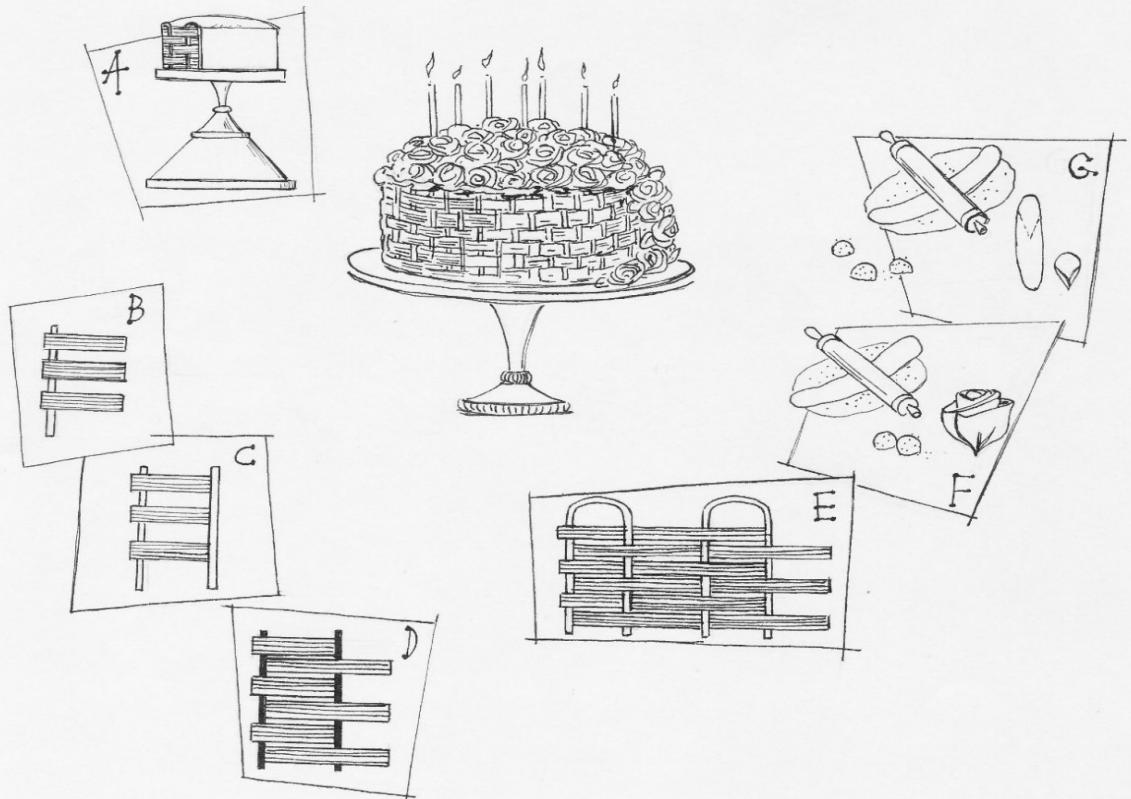
How to make roses: On a well-sugared board, roll out each pink gumdrop into a long strip. Roll up each strip, lengthwise, and stand on end (Diagram F). Make about 96.

For leaves: On a well-sugared board, roll out each green gumdrop into a long strip. With the tip of a sharp knife, cut out leaves of varying sizes (Diagram G). Make about 18.

To decorate cake: Fill the basket with the gumdrop flowers, pressing into the frosting to firmly hold. Arrange some of the flowers to spill over the edge and down one side. Insert the green leaves.

Refrigerate for 2 hours or until serving. If desired, just before serving, arrange candles on the cake. To serve cake, remove a few flowers for each serving as the cake is being cut. Serves 14.

# GUMDROP ROSES CAKE..



## ROSE-LEMON GELATIN CAKE

1 pkg rose-flavored lemon gelatin (can scent lemon gelatin by layering fragrant rose petals with lemon gelatin or add rose flavoring extract to gelatin)

1 large pkg yellow cake mix

4 eggs

½ cup vegetable oil

¾ cup water

Mix gelatin with dry cake mix. Add oil and water. Beat in eggs. Pour into greased and floured glass baking dish (13" x 9" x 2") and bake in 350° F oven for 35 minutes or until done. While cake is still hot, punch holes all over the top surface with a toothpick and pour over a glaze made of 2 cups powdered sugar and juice from 2 lemons.

## ROSE CURRANT CAKES

1 lb butter

1 lb flour

1 lb sugar

1 lb currants

3 eggs

½ tsp salt

Rose water

Cream the butter well. Sift together the flour, sugar and salt. Add the currants and mix with the butter. Blend in the beaten eggs and enough rose water to form a stiff dough. Bake in loaf pans in moderate oven. (Glaze with thick rose syrup.)

## MOSS ROSE CAKE

2 cups cake flour  
2 teaspoon baking powder  
½ teaspoon salt  
2 cups sugar  
4 eggs  
1 cup scalded milk  
½ teaspoon rose or almond flavoring

Sift the flour, measure and resift 3 times with baking powder and salt. Place sugar in small mixing bowl (to allow beaters to set well in sugar-egg mixture). Add unbeaten eggs and beat until very light and fluffy. Transfer to large mixing bowl and gently fold in sifted dry ingredients in three portions. Add scalded (barely hot) milk all at once and beat vigorously with a spoon about ½ minute until thoroughly blended. This is a very thin batter. Pour immediately into two 8-inch greased, floured and wax paper lined square pans 1¾ inches deep. Bake in moderate oven (350° F) for 25 to 30 minutes or until cake springs back when touched gently on top. Let cool 10 minutes. Loosen sides and turn out on cake rack. Cool cakes and put together. Ice with rose pink frosting.

## ROSE CREAM (PINK CLOUD) CAKE

1 cup butter  
3 cups sugar  
4 cups sifted flour  
4 tsp baking powder  
1 cup milk  
½ tsp rose extract  
Red vegetable coloring  
10 egg whites, stiffly beaten

Preheat oven to 325° F.

Cream butter until very soft. Gradually stir in sugar and beat until mixture is fluffy. Sift flour and baking powder and stir into the butter-sugar mixture alternately with the milk. Add rose extract and enough red coloring to make the batter a delicate pink. Fold in the beaten egg whites. Turn the batter into three graduated, buttered layer cake pans and bake in a moderate oven (325° F) until a cake tester inserted in the centers comes out clean. Place the layers on cake racks. When cooled, frost with boiled frosting and decorate with either candied rose petals or rosebuds or cover with butter cream icing and ornamental icing roses and leaves.

## BOILED FROSTING

2 cups sugar  
1/2 cup water  
2 egg whites, stiffly beaten  
1/2 tsp rose flavoring  
Red food coloring

Dissolve sugar in water in saucepan. Bring to a boil and boil rapidly until syrup spins a long thread or reaches hard ball stage. Pour syrup in a thin stream into the egg whites, beating constantly. Add flavoring and coloring to get desired pink tint. Continue beating until frosting stands in peaks. Cover each layer as assembled and decorate. Can use fresh or crystalized rose petals, rosebuds, or make roses with butter cream or royal icing and decorating tubes.

## ROSE BUTTER FROSTING

1/4 c rose-scented butter, soft  
4 Tbsp cream  
2 Tbsp lemon juice (or 1 tsp lemon juice and 1 tsp rose flavor extract)  
2 c sifted powdered sugar

If lemon juice is not desired, use same amount or enough cold water to blend and thin for a spreading consistency. Beat all ingredients together and spread on cakes or cupcakes.

## ROSE BUTTER CREAM FROSTING

The frosting on a cake is like the bright wrapping on a package – an invitation to find out what is underneath. Butter cream spreads like cream and has enough body to be made into roses or rosettes with pastry tubes.

1 cup sugar  
1/8 tsp cream of tartar  
Dash of salt  
1/4 cup rose water  
2 egg whites  
1 tsp rose flavor extract  
2/3 cup butter

Combine sugar, cream of tartar, salt and rose water in a sauce pan. Bring to a boil and cook until a little of the syrup that is dropped in cold water forms a soft ball that holds its shape. Beat egg whites until stiff but not dry. Add syrup very slowly to egg whites, beating constantly. Add vanilla. Cool thoroughly.

Cream butter well. Add egg white mixture to butter, 2-3 Tbsp at a time, beating well after each addition.

Spread frosting on top and sides of 10" tube cake or on top and sides of two 9" cake layers. If desired, sprinkle with crystallized rose petals.

## OLD-FASHIONED ROSE JELLY ROLL

The memory of jelly in Aunt Polly's kitchen is one I will always cherish. Our favorite was her Red Rose Jelly Roll. Can't you just see a large serving in our clean-washed tiny palms and our jelly smeared happy faces! Fingers were licked in order not to lose a "smidgeon or a crumb". How sweet it was!

Arrange two cookie sheets one inside the other. Grease the upper one and flour lightly.

¾ cup cake flour  
¾ tsp baking powder  
¼ tsp salt  
4 eggs  
¾ cup sugar  
1 tsp rose or lemon flavoring

Sift together flour, baking powder and salt. Beat eggs until light and fluffy. Place in top of double boiler over hot water. Add sugar gradually. Cook until it thickens. Remove from hot water and fold in flour mixture. Blend well. Add flavoring. Pour into greased cookie sheet. Bake at 375° F for about 15 minutes. Remove from oven. Have ready a slightly dampened white cloth. Turn cake out on cloth and begin rolling from one end. Roll up and let stand a few minutes. Unroll and spread with Red Rose Jelly. Reroll and place on waxed paper. Sprinkle top with powdered sugar and serve warm or cold



## ROSE JELLY FROSTING

This colorful frosting is just right for sponge cakes and jelly rolls.

½ cup rose jelly  
1 egg white, unbeaten  
Few grains of salt

Place all ingredients in a saucepan, blend, and set over simmering water (or use double boiler). Beat constantly at high speed until frosting stands in straight peaks. If desired, add a few drops of fresh lemon juice for tartness. Whip juice into frosting and stop beating when stiff and straight peaks are again formed.

## JANICE'S CHRISTMAS COOKIES

1 cup butter  
¾ cup sugar  
2 egg yolks, beaten to a thick lemon color  
1 cup ground (food blender) crystallized red rose petals  
1 ¾ to 2 cups cake flour  
Rose flavoring to taste  
2 egg whites  
1 Tbsp sugar  
Candied red rose petals

Cream butter and sugar. Add egg yolks and beat well. Blend in the ground (or finely chopped) rose petals which have been mixed with a little of the flour. Gently fold in the flour. Chill until easy to handle. Form dough into small balls and place on greased cookie sheets.

Prepare a topping by beating the egg whites and sugar to make a stiff, fluffy meringue. Add a little rose or almond flavoring if desired.

Beat again until very stiff. Put a dab on top of each cookie. Perch a dainty candied red rose petal in the center on top of the meringue. Bake in moderate oven (400° F) for about 15 minutes.

## CARAWAY AND ROSE COOKIES

½ lb butter  
½ lb sugar  
½ tsp nutmeg  
1 lb sifted flour (4 cups)  
3 Tbsp caraway seeds  
2 Tbsp rose water

Mix butter into sugar and flour. Add nutmeg, caraway seeds and rose water. Moisten to a stiff dough with water. Let it stand, covered, for several hours. Roll out into a sheet ¼ inch thick, then cut with a rose cookie cutter. Lay in a well-buttered pan. Bake in a moderate oven until light brown in color.

## ROSE WATER GINGER COOKIES

1½ cup finely ground almonds  
2 Tbsp rose water  
2 cup sifted powdered sugar  
½ tsp cinnamon  
1 Tbsp candied ginger  
½ cup chopped dates  
½ cup raisins

Mix the almonds with 2 tsp rose water. Stir in the sugar, spices, candied ginger, dates and raisins. Use enough water to form a very stiff paste.

Roll out on a surface dusted with powdered sugar. Cut in fancy shapes.  
Dry out in a cool oven.

## FILLED ROSE COOKIES

¾ cup sugar  
¾ cup butter  
4 cups flour  
10 egg whites plus 1 for icing  
3 cups ground dried mixed fruits (raisins, currants, prunes, etc.)  
1 tsp freshly grated nutmeg  
½ tsp salt  
Rose water  
Cream  
Powdered sugar

Cream the butter and sugar. Fold in the stiffly beaten egg whites and rose water. Add sifted flour, salt and enough heavy cream to make a stiff dough. Knead 15 minutes. Roll out on floured board and cut into rounds. On each bottom round, place a teaspoon of the mixture of dried fruits which has been blended with rose water. Place a round on top and press edges together with tines of a fork. Prick the center top with fork and bake in a moderate oven (350° F).

Brush with an icing made with 1 egg white, 1 tsp rose water and enough powdered sugar to form a spread.

## ROSE MERINGUES

3 egg whites, stiffly beaten  
1 cup sugar  
½ tsp rose extract

Heat oven at 250° F. Beat about one half the sugar, 2 Tbsp at a time, into the egg whites until the meringue is thick and glassy. Then carefully and gradually fold in the remaining sugar and the rose extract. Drop by spoonfuls on baking sheets lined with waxed paper and bake in a slow oven (250° F) for about 30 minutes.

## ROSE JAM COOKIES

Use your favorite Swedish or butter cookie recipe and make a thumb print in the center of each cookie before baking. Nuts may be added around the circle of the flattened, rolled or dropped cookie. Bake. When cool, fill centers with rose petal jam or jelly.

## QUICK ROSE MACAROONS

Rose flavoring or extract to taste (depending on brand used and its strength)

⅔ cup condensed milk  
2½ cups crystalized rose petals (cut into small bits)  
2 egg whites, stiffly beaten

Add rose extract to the milk and stir in the rose bits. Add the beaten egg whites and blend well. Drop the batter from a spoon onto a greased baking sheet and bake in a moderate oven (350° F) for about 15 minutes.

## ROSE MACAROONS

- 1 cup sugar
- 4 egg whites
- 3 cups cornflakes, finely crushed
- 1 cup shredded coconut
- 1 cup candied or crystalized rose petals

Beat the sugar gradually into the beaten egg whites, then fold in the cornflakes, coconut and rose petals. Drop the batter from a spoon onto a cookie sheet lined with waxed paper. Bake in a slow oven (250° F) for 20 to 30 minutes.

## ROSE SNOWBALLS

- 1⅓ cup (1 can) sweetened condensed milk
- ½ cup lemon juice
- Grated rind of one lemon
- ⅓ cup candied rose petals
- 1 lb vanilla wafers
- 1 cup whipping cream
- 2 cups shredded coconut

Blend sweetened condensed milk with lemon juice, rind and rose petals. Spread mixture between the vanilla wafers. Continue until the mixture is used up, piling up 6 wafers for each portion or ball. Cover top and sides with whipped cream followed by the shredded coconut. Chill before serving. Makes about 12 balls.

## ROSE ICE CREAM SNOWBALLS

- 1 quart firm ice cream
- 1 cup crushed crystallized red rose petals
- 2 cups crisp shredded coconut

Chill dessert dishes. Spread out rose petals and coconut on separate plates or platters. Scoop balls of ice cream, roll in coconut, then in rose petals. Serve immediately.

## ROSE ICE CREAM (Refrigerator made)

- 2 cups milk
- 2 tsp gelatin
- ½ cup cold water
- 1 cup candied red rose petals or thick rose jam
- 2 cups heavy cream, whipped

Measure milk into a saucepan. Add the gelatin softened in cold water. Blend in the rose petals or jam. Freeze in ice cube tray until thick and mushy. Fold in the stiffly whipped cream. Freeze again until mush stage. Place in a chilled mixing bowl and whip until smooth but not melted. Return to freezing tray and freeze for two hours. Makes about one quart.

## ROSE PETAL ICE CREAM

For old-fashioned or electric ice cream maker, not for ice tray refrigerator freezing.

Blend and cook in double boiler:

- 1 pint milk
- 3 whole eggs
- 1 Tbsp cornstarch
- 2 cups powdered sugar

Add:

- 1 cup washed and crushed dried rose petals. Cool.
- 1 quart heavy cream. Whip until thick but not stiff.

Add:

- 1/4 cup honey
- Red food coloring
- 1 tsp rose syrup or rose flavoring extract

Watch the rose flavoring if petals are heavily scented, as a delicate flavor is desired. Pour entire blended mixture into freezer and freeze. Makes about 2 quarts. Serve with crystallized rose petals

## PINK SWIRL ICE CREAM

Spoon 1 pint prepackaged vanilla ice cream into refrigerator tray. If firm, let it soften slightly. Swirl 1/2 cup rose petal jam or jelly through the ice cream with tip of small spatula or teaspoon to give a marbled effect. Place in freezer compartment of refrigerator to harden. Makes 3-4 servings.

## QUICK ROSE SHERBET

For a very quick and refreshing Rose Sherbet, buy 1 quart of lemon Sherbet. Let it soften enough to mix in 1 cup of finely cut, candied rose petals or thick rose petal jam. Refreeze and serve with fresh or frosted rose petals sprinkled on top.

## ROSE SHERBET

3 cups packed rose petals  
2 tsp gelatin  
1 cup sugar  
2 cups orange juice  
2 egg whites

Gather fresh red fragrant rose petals. Snip the bitter heel tips. Wash. Drain. Simmer 3 cups (packed) petals in 3 cups of water. Strain. Dissolve 2 teaspoons of gelatin in 4 tablespoons of cold water. Add 1 cup of sugar to the rose liquid and bring to a boil. Add the dissolved gelatin. Remove from the stove. Stir until smooth. Cool. Add 2 cups of orange juice. Pour into ice cube trays and freeze until creamy. Beat 2 egg whites until stiff. Fold into frozen mixture. Return to freezer and leave for ½ hour. Stir. Repeat the stirring and freezing every half hour for 4 hours. Garnish with a few crystallized rose petals.



## ROSE ALASKA

- 1 qt rose ice cream (recipe below)
- 1 layer sponge, pound cake or angel food cake
- 4 egg whites
- 1 cup powdered sugar

Cover a bread board or an oven plank with a piece of waxed paper or foil. Make a meringue by beating the egg whites until stiff, gradually folding in  $\frac{3}{4}$  cup of the confectioner's sugar. The meringue should be light and dry. Lay the cake on the covered board and place the ice cream brick on the cake. The cake should extend about  $\frac{1}{2}$  inch beyond the ice cream on all sides. Cover completely with heavy coating of meringue. Dust surface with the rest of the powdered sugar and place in a very hot oven (475-500° F) until delicately browned. Serve at once.

## ROSE COUPE

Rose Coupe is a frozen dessert, usually served in a special glass called a champagne coupe, which is filled with a scoop of ice cream, garnished with whipped cream forced through a pastry bag and tube and decorated with candied flowers, fruits, chopped nuts. etc.

Combine  $\frac{1}{2}$  cup rose jam with  $\frac{1}{2}$  cup sweetened, unflavored whipped cream. Chill well. When ready to serve, place the rose-cream mixture in the bottom of a well-chilled champagne coupe. Add a scoop of vanilla ice cream in the center. Sprinkle with chopped pistachios. Cover entire surface with whipped cream sweetened and flavored to taste. Force the whipped cream through a pastry tube or make a pyramid shape with a peaked center. Top with a candied rosebud and crystalized Eglantine rose leaves or mint leaves.

## FROZEN ROSE CREAM

2 eggs, separated  
2 Tbsp red rose syrup  
1 Tbsp lemon juice  
1 tsp grated lemon rind  
½ cup sugar  
¾ large can of evaporated milk  
1 cup crushed buttered vanilla wafers

Beat egg yolks until thick and pale in color. Add the rose syrup, lemon juice, rind and sugar. Cook over water in double boiler until thick. Cool and chill. Chill the evaporated milk and whip until very stiff. Fold in the stiffly beaten egg whites and combine with the custard. Pour in refrigerator trays lined with the crushed-buttered vanilla wafers and freeze until firm.

## ROSE AND APPLESAUCE CREAM

2 cups applesauce  
2 cups thick cream or half and half  
Sugar to taste  
½ Tbsp cornstarch  
Rose extract to taste  
Whipped Cream  
Candied baby rosebuds

Make a fresh, thick sauce of sour cooking apples or use canned applesauce. Cool. Place in a serving dish or crystal sherbet dishes. Add sugar and cornstarch to cream and cook until it thickens. Cool. Add rose extract to taste. Pour over the apple sauce. Chill. Serve with whipped cream and a small, candied rosebud.

## ROSE CREAM

4 cups heavy cream  
6 Tbsp white wine  
4 Tbsp rose water  
6-8 Tbsp powdered sugar  
Pinch of salt

Mix well the ingredients as listed. Store in refrigerator for about two hours. Beat until mixture curdles. Place in a fancy glass serving bowl and place in refrigerator about one hour before serving in chilled sherbet dishes.

## BARLEY ROSE CREAM

1/3 cup pearl barley  
1 quart cream  
1 whole nutmeg, cut in quarters  
1/8 tsp salt  
Mace to taste  
Sugar to taste  
3 egg yolks  
1-2 Tbsp rose water

Cook barley in boiling water until tender. Drain. Scald cream, nutmeg, mace and salt. Add barley and slowly cook 10-15 minutes. Beat egg yolks until thick and lemon-colored. Add sugar and rose water, stirring carefully into the cream, a little at a time to avoid curdling. Pour into individual glass dishes or a large one and serve cold with a red rose syrup.

## ROSE ICE

1 tsp plain gelatin  
Grated rind and juice of one lemon  
 $\frac{1}{4}$  cup cold water  
2 cups rose water  
 $\frac{3}{4}$  cup evaporated milk, chilled  
1 egg white, stiffly beaten

Soften gelatin in strained lemon juice. Add water and stir over low heat or in top of double boiler until gelatin is dissolved. Add gelatin mixture and lemon rind to rose water. Pour into refrigerator tray. Freeze until mushy. Scrape down sides and blend well. Have milk thoroughly chilled by placing near or in freezing unit (do not freeze). Beat milk with egg beater until stiff. Pour frozen rose sauce mixture into bowl and fold in the whipped milk. Fold in stiffly beaten egg white. Pour again into refrigerator trays and freeze. Serves 8.

## ROSE MOUSSE

1 cup sugar  
 $\frac{1}{3}$  cup rose infusion  
3 drops lemon juice  
1 Tbsp gelatin, softened in 2 Tbsp water  
2 cups heavy cream, whipped

Combine sugar, water and lemon juice, bring to a boil and boil until the syrup spins a long thread or reaches hard ball stage. Stir in the gelatin, cool and fold in the whipped cream. Turn mixture into a fancy mold and seal tightly. Pack mold in 4 parts cracked ice and 1 part rock salt and freeze for at least 3 hours. Unmold and serve with cold red rose sauce, a lemon sauce or a lime sauce. Decorate with a green rose.

## SYLLABUB

Syllabub is a favorite delicacy from the 16th Century to the middle of the 19th Century. Usually made by mixing wine, cider, or some other acid substance with milk or cream, sugar and flavoring and letting them stand until curdled. Sometimes heavy cream was used and the mixture was beaten to a froth and served as “Whipped Syllabub”.

1 qt cream  
1 cup white wine  
2 Tbsp clear rose water  
6 Tbsp sugar  
Fresh nutmeg, quartered  
Lemon rind, grated  
Salt

Scald cream with nutmeg quarters. Cool. Put into one-half gallon glass jar and let stand overnight in refrigerator. Mix wine, rose water, sugar, lemon rind and dash of salt and add to the cream. Let stand until curds form.

## ROSE SYLLABUB

Whipped cream dessert, typically flavored with white wine or sherry.

4 large lemons  
1 pt white wine  
1½ cups powdered sugar (more, or less, to taste)  
1 qt cream  
Red Rose Jelly

Thinly pare off the rind of the four large lemons and place evenly in the bottom of a deep dish. Squeeze the juice of the lemons into a large bowl. Add the wine and powdered sugar. Blend. Mix in the cream carefully. Pour this mixture into the dish with the lemon peel. Let stand in the refrigerator for at least three hours. Remove the lemon peel from the mixture and beat or whip to a stiff froth. Into each chilled glass, place one Tbsp or more of cold rose jelly. Heap the syllabub upon it so as to stand up high on top above the rim of the glass. Sprinkle snowy peak with powdered red roses or add a crystalized rose petal. May be made the day before serving if kept in refrigerator.

### SPICED SYLLABUB

2 cups dry white wine  
2 cups red rose infusion or red rose syrup  
1 sprig rosemary  
1 whole nutmeg or nutmeg to taste  
Juice of one lemon  
Lemon peel  
Sugar to taste  
3 cups milk  
3 cups cream

Mix together all of the above ingredients except the milk and cream. Cover and let stand overnight. The next morning, remove the rosemary and nutmeg. Mix the milk and cream. Add to the first mixture gradually, whisking constantly with a wire whisk. Serve in tall glasses.

## ROSE "FOOL"

2 cups cream  
Mace to taste  
4 egg yolks  
3 Tbsp sugar  
Salt to taste  
2 Tbsp rose water

Scald cream with a few grains of mace. Beat egg yolks and add sugar, salt and rose water gradually and blend into the cream. Cook in double boiler until thickened. Cool. Line the bottom of glass custard or sherbet dishes with fancy cutouts of cake or bread. Pour cooled custard over cakes and let stand overnight. Before serving, top with a dollop of whipped cream and pass a small pitcher of thick red rose syrup.

## ROSE SNOW CREAM

4 cups cream  
6 Tbsp sugar  
3 Tbsp rose water  
Pinch of salt  
6 egg whites, unbeaten  
6 whole cloves  
1 large stick of cinnamon  
½ whole nutmeg

Mix together the cream, sugar, rose water, salt and unbeaten egg whites. Beat with rotary beater or electric mixer. As the thick foam rises, skim it off as "islands" and place it in a flat strainer to drain. When the desired number of "islands" needed (number of servings considered) have been saved, put the remaining part of mixture in top

of double boiler, add spices, and scald. Add slightly beaten egg yolks and stir until thickened. Pour into large glass bowl or individual dishes. Chill and cover with the “islands of snow”.

## ROCK ROSE RICE

½ cup rice  
1 cup milk  
1 cup sugar  
1 Tbsp gelatin  
2 Tbsp cold water  
1 cup heavy cream, whipped  
¼-½ tsp rose extract

Wash then drain the rice and put in a saucepan with the milk. Bring to a boil. Cook over boiling water for about 30 minutes or until rice is tender and has absorbed most of the milk. Soften gelatin in the cold water; add sugar; stir until dissolved, add to the rice. Cool. Add rose extract to the whipped cream and fold into rice mixture. Turn into a mold and cover with lid or cover tightly with foil to seal. Pack mold in a mixture of 4 parts cracked ice to 1 part rock salt and freeze for 3-4 hours. Serve with hot red rose sauce.

## RED ROSE SAUCE

1 egg  
1 cup red rose syrup, heated

Beat 1 egg until very stiff. Gradually add 1 cup thick, hot red rose syrup, beating constantly. Pour over Rock Rose Rice mold and serve immediately.



## ROSE PUFFS

1 pkg cream puff mix (12 or 16 shell size)  
Vanilla ice cream (amount depending on number to be served)  
1-2 cups red rose petal sauce or syrup  
Whipped cream  
Candied rosebuds

Follow simple instructions on package of cream puff mix. They can be kept in deep freeze and taken out as a quick dessert for family or unexpected company. Remove insides of shells and fill with the ice cream. Pour sauce or syrup over the puffs. Top with a dollop of whipped cream and a candied rosebud.

## BAKED BANANAS

Bananas  
Lemon slices  
White sugar  
Red rose syrup  
Butter

Place whole, peeled bananas in buttered baking dish. Add thin lemon slices on top of the bananas and sprinkle with white sugar. Drizzle generously with red rose syrup and dot with butter. Bake in a moderate oven (350° F) for 30 minutes.

## BAKED BANANAS WITH ROSE HONEY

- 4 bananas
- 2 Tbsp butter
- 4 Tbsp rose honey, strained
- 3 Tbsp lemon juice
- $\frac{3}{4}$  cup hot water
- 1 Tbsp cornstarch, dissolved in  $\frac{1}{4}$  cup cold water
- $\frac{1}{8}$  tsp salt
- $\frac{1}{4}$  cup candied red rose petals

Melt butter in baking pan, slice bananas lengthwise and arrange cut side down in pan. Cook other ingredients together 10 minutes and pour over the bananas. Bake about 30 minutes in 350° F oven.

## FRIED PEACH HALVES IN ROSE-FLAVORED SOUR CREAM

- 6 canned peach halves
- 2 Tbsp butter or margarine
- 1 tsp cinnamon
- 1 cup rose-flavored sour cream
- 1 tsp lemon juice

Sauté peaches in butter for about 5 minutes or until slightly browned. Sprinkle with cinnamon. Stir in rose sour cream and lemon juice. Heat, do not boil. Serve hot in dessert dishes or use to garnish ham, lamb, and other meat dishes.

## STUFFED PEACHES WITH ROSE SYRUP

12 Freestone peach halves (fresh, peeled or canned, drained)  
1 cup finely ground nuts  
½ cup soft butter  
½ cup sugar  
Rose syrup

Preheat oven to 350° F. Mix nuts, ¼ c butter and sugar. Stuff the center of each peach. Place the halves together and secure with toothpicks to make a whole ball. Slightly melt butter and coat each peach. Place in buttered baking dish. Bake in preheated oven for 30-45 minutes. Baste with rose syrup and drippings. Serve hot or cold with rose syrup blended with the drippings. Serves 6.

## SAVORY PEACH PUFFS

Beat 1 egg white until stiff in a small bowl. Gently fold in 1½ Tbsp mayonnaise or salad dressing and 1 tsp of lemon juice. Fill centers of drained canned peaches with rose petal jam and top with meringue mixture. Broil, 3 inches from heat for 2-3 minutes or until golden.

## ROSY PEACH MAGIC

A dessert puzzler that will keep friends guessing until they have made it themselves!

4 or 6 fresh, canned, or spiced whole peaches  
¾ cup peach syrup  
½ cup red rose petal jelly  
1 cup sifted flour  
1½ tsp baking powder  
½ tsp salt  
3 Tbsp shortening  
⅓ cup milk (about)

Use an 8 x 2-inch round baking dish and a 9½ oz custard cup about the same height as the baking dish. Invert cup in the center of the baking dish. Arrange peaches evenly around the inverted cup. Combine peach syrup and rose jelly and cook until this liquid is reduced to 1 cup. Pour over peaches. Meanwhile, sift dry ingredients together. Cut in shortening finely. Stir in milk to make a soft dough, handling very gently and only enough to blend. Turn onto a lightly floured surface. Roll dough to an 8-inch round. Place over the peaches and the inverted empty cup. Seal edge of dough to the inside of the baking dish, pressing firmly to insure airtightness. Bake at 400° F for 30 to 35 minutes. Cool on a rack for about 10 minutes. Invert on serving plate. Serve warm. Makes 5-6 servings.

If fresh peeled peaches are used, a syrup can be made with ½ cup of white corn syrup, ¼ cup water, a few drops of rose flavoring and ½ cup red rose jelly. Cook until reduced to 1 cup of liquid.

**PUZZLE ANSWER:** When the dish is turned upside down, every drop of the red rose sauce will be in the custard cup which will be right side up in the unsoaked crust that is surrounded by the peaches.

SECRET: The airtight dough seal over the baking dish created a vacuum which drew the liquid into the cup!

## VIN ROSE MARINADE FOR FRUITS

1 cup rose wine  
1 cup honey (for additional rose flavor, can be rose-scented honey if it is on hand)  
Pinch of ground cardamom  
2 Tbsp lemon juice  
12 mint leaves, chopped  
1 tsp salt

Combine honey with pinch of cardamom and  $\frac{1}{2}$  cup cold water. Simmer 5 minutes. Add mint and salt. Cool. Strain. Add rose wine and lemon juice, stir well. Makes about 2 cups.

Pour sauce over pineapple, grapefruit, oranges, melon, blueberries or other berries, grapes, apricots, peaches, or other fruit. Can use one type of fruit or combinations. Let stand in sauce for at least two hours in refrigerator. Serve chilled.

## PINK CLOUD DRESSING

1 cup sour cream  
2 Tbsp rose petal jam or jelly  
Fruit salad

Blend 1 cup (8 oz container) sour cream with 2 Tbsp rose petal jam or jelly in bowl and spoon over fruit salad. Makes about 1 cup dressing.

## ROSE JELLY SALAD DRESSING

1 cup mayonnaise  
½ cup chopped salted almonds  
½ cup red rose petal jelly  
⅔ cup heavy sweet cream or sour cream, whipped

Into a quart salad dressing bottle or quart glass jar, place all the above ingredients except the cream. Whip the cream. Shake the mixture in the jar, then fold into the bowl of whipped cream. Serve with fresh or canned fruit salads, letting guests ladle dressing from an attractive glass bowl.

## HOW TO MAKE YOGURT FOR ROSE-FLAVORED YOGURT

Yogurt is said to be more easily digested than the milk from which it is made and is a valuable food for small children and elderly people. In some cases, it can be eaten safely by people who are allergic to ordinary milk. For mild stomach distress, such as gas and belching, yogurt is a wiser corrective than seltzers and soda water. Yogurt's bacterial action aids the digestion of proteins and the synthesizing of the B vitamins and calcium. It is believed to be beneficial after antibiotics have been administered as it helps to restore normal bacterial conditions in the intestinal tract. Contrary to popular belief, yogurt is easily made and requires only the starter and simple equipment:

½ cup yogurt starter  
1¾ pts milk  
Thermometer  
1 qt fruit jar  
Pail of hot water and a blanket

Starters may be purchased at the dairy counter in most any supermarket.

Heat the 1 $\frac{3}{4}$  pts of milk to 118° F. Stir the  $\frac{1}{2}$  cup of starter until smooth, then blend it thoroughly with the hot milk. Pour this in a quart jar, seal it tight and immerse in the pail of water which has been heated to 118° F. Cover the pail and wrap it in a thick blanket. Let stand for 2 hours, after which the yogurt should be congealed. Refrigerate the can of yogurt, keeping out  $\frac{1}{2}$  cup to use as starter for the next batch. Skim milk and soy milk can also be used in place of regular milk.

### ROSE-FLAVORED YOGURT

Use yogurt made at home or purchased in food stores. Gather fresh, fragrant roses (preferably red). Remove heel and wash. Drain and dry on absorbent towels. Place alternating layers of yogurt and petals (whole or crushed) in a glass or porcelain container, cover tightly and set in refrigerator for several hours. Remove petals before serving.

## FRESH CURD CHEESE WITH ALMONDS AND ROSE WATER

¼ cup blanched almonds  
2 tsp rose water  
½ lb cottage cheese  
2 Tbsp cream  
2 Tbsp powdered sugar  
⅛ tsp mace  
Pinch of salt

Chop almonds and pound with rose water in a mortar until like cornmeal. Put this paste in a mixing bowl and add the cottage cheese, cream, sugar, salt and mace. Blend well. Serve with fresh fruits like pineapple, peaches, figs and bananas, or with canned or stewed fruits.

## PICKLED ROSEBUDS

40-50 very small rosebuds  
½ cup sugar  
Pickling spice  
2 cups white wine vinegar

Pick 40-50 very small rosebuds. Place them in a 1-qt. jar. Combine sugar, a small amount of pickling spice and the white wine vinegar. Pour over rosebuds. Seal with paraffin and store in a warm dark place for 4-6 weeks. Buds may be used in drinks, salads, sandwiches, and as relishes.



## WARRD ASSFAR (FRESH YELLOW ROSES)

In the Near East, fresh roses are served as a dessert of exotic taste and beauty. Why not delight guests with:

4 yellow roses, fragrant cold water  
Large bowl  
4 finger bowls

Choose full, firm, closely petaled roses, the largest possible. Cut stems, leaving 2 or 3 inches for handling. Wash well by dipping into large bowl of ice cold water. Serve floating in finger bowls half filled with ice water. Bite across the petals. Can use any color of large, fragrant roses like the pink cabbage rose. It is more decorative to serve all the same shade.

WARNING: Do not use roses unless positive that they have not been sprayed with poisonous insecticides.

## FRAGRANT WATER

5 lbs (more or less) fragrant dark or red rose petals (that have not been sprayed)  
Soft water to cover

Bring slowly to boil over low flame. Remove from heat. Cool. Strain off water. This water stays fragrant for about two days. It is advisable to make fresh water for immediate use.

## ROSE LEMONADE

1 lemon  
1-3 Tbsp red rose syrup  
1 cup ice water  
Ice (cubes, hunks, crushed, etc.)  
1 tall frosted glass

Grate rind of lemon. Put into glass. Squeeze lemon. Add juice, rose syrup and ice to glass. Garnish with a few fragrant red rose petals, bitter tips removed and washed.

## ROSEADE

½ cup sugar  
1 quart water (fresh rose water, if available)  
Juice of 1 large orange  
Juice of 1 large lemon  
1 cup red rose syrup

Cook sugar and water together for 10 minutes. Cool. Add orange and lemon juices. Blend in the rose syrup. Chill and serve in frosted glasses.

## DR. BRIAN'S ROSE SELTZER

½ cup water  
3 Tbsp white sugar  
2 Tbsp rose water  
2 cups ice cubes  
2 cups unflavored seltzer water or regular water if using soda machine  
Food coloring if desired

Mix ½ cup water with sugar to dissolve. Add rose water, ice cubes and seltzer water without added minerals. Can substitute plain water for the seltzer if using machine carbonation. Beverage is naturally clear so for rose color, add food coloring.

## ROSE PETAL TEA MADE WITH FRESH PETALS

Gather fresh, fragrant rose petals. Wash and dry under netting to keep clean. Add to a few regular tea leaves or use alone for a slightly astringent taste and rose aroma. Serve with lemon and sweetening, preferably rose honey.

## PETAL TEA MADE WITH DRIED PETALS

Pour 4 cups of boiling water over 4-6 teaspoons of dried rose petals. Steep 3-5 minutes. Serve with lemon, orange and favorite sweetening. Honey is tasty and a quick mid-morning or afternoon pickup.

## RED ROSE COOLER

¼-½ cup red rose syrup  
2 cups red rose water  
2 cups cranberry juice  
½ cup lemon juice

Combine all ingredients. Pour over ice in tall glasses. May add a little ginger ale if desired. Amounts of ingredients may be varied to taste. Serves 6-8.

## ROSE WINE

4 to 8 qts rose petals, firmly packed  
2 gallon water  
5 to 8 lbs sugar  
2 lemons  
½ oz yeast (2 packages)

Pluck enough scented rose petals to fill 4-8 qts. Let cold water run over them for about ten minutes to wash off any spray or dust. It is best to pluck the petals at least ten days to two weeks after the roses were last sprayed. Put the petals in a crock.

Put the water into an enamel pan and bring it to a boil. Put into the water 5-8 pounds sugar, depending on how sweet you want the wine to be. When the water boils, pour it over the rose petals in the crock. Peel the washed lemons very thinly and place with the rinds into the crock. Let the must<sup>25</sup> ferment, stirring it once or twice each day.

When fermentation stops, strain the wine into glass jars, squeezing every drop of juice out of the rose petals. Let it stand for two or three weeks and then siphon off the clear wine into bottles. If the

remaining wine does not clear of its own accord, fine<sup>26</sup> it with egg whites or other recommended fining agent.

## ROSE PETAL WINE

1 gallon fragrant red rose petals  
1 gallon boiling water  
Juice of 4 large oranges or lemons or 2 lemons and 2 oranges  
1 oz citric acid  
1 tsp yeast nutrient (either wine or sherry yeast)  
Wine starter

Remove bitter heel tip from each petal. Wash well. Put petals in crock and pour boiling water over them. Add juice of oranges or lemons. Let stand for a few days. Keep the mass pressed down to insure adequate extraction. Strain. Add sugar, citric acid and yeast nutrient. Stir daily for about five days. Strain into a jar which is filled to the brim and insert a fermentation trap. Leave wine until it clears. Then, rack. This operation is repeated again two or three months later. Bottle.

## ROSE HIP WINE

4 lbs rose hips  
1 gallon boiling water  
1 lb sugar  
1 oz citric acid  
2-3 pts strong syrup (4 lbs sugar, 2 pints water)

Wash hips well, removing stems and flower end tips. Place in crockery, glass or enamel container (never use metal). Pour water over the hips

and simmer until tender. Strain to produce a pulp or extract. Place in crock. Add sugar and citric acid. Stir well. Let stand for fermentation for about ten days. Press the hip mixture. Strain or filter. Add the strong syrup. Continue to ferment until wine is made. If a light colored, slightly sweet wine is desired, use a wine yeast and keep out air. A sherry-like wine can be made if a sherry yeast is added and container left open so as to let in air.

## MEAD

4 lbs raisins  
1/4 oz nutmeg  
1/2 oz cinnamon  
1 lemon  
2 1/2 gallons water  
1 qt honey  
1/2 cup rose water

Put raisins, spices and lemon through food chopper. Add the water and honey. Let stand in crock or glass container for four days, stirring each day. Syphon off the clear liquid, add rose water and bottle.

## OYSTERS PICKLED IN ROSE VINEGAR

1 pt small select oysters  
Lemon slices  
Chives  
Red rose flavored wine vinegar  
1 tsp pickling spice  
Salt  
Pepper  
Parsley  
Salad oil

Drain and place oysters in ice water. Drain again after a few minutes. Put in layers in a flat bowl. Cover with thin lemon slices and sprinkle with finely chopped fresh chives. Heat 1 cup of red rose flavored wine vinegar to which 1 tsp of pickling spices has been added. Cook 10 minutes. Strain. Cool. Pour over the oysters. Sprinkle with a little salt and pepper and minced parsley. Next, add a small amount of salad oil. Store covered in the refrigerator for 2-3 days. Serve on lettuce leaves, or as a relish. Garnish with a few pickled rosebuds.

## "ROSY RARE" RIB ROAST BEEF

The secret of this recipe is a double one. Buy only the highest quality properly aged meat. Cover the many ribs of the large roast with a very thick coating of moist rock salt (ice cream salt). Preheat oven (450° F). Place roast in uncovered roasting pan and cook 10 to 15 minutes. The high heat fuses the salt and seals the juices in. For "rosy rare" or medium rare beef, reduce heat to 350° F and cook about 30 minutes per pound. A meat thermometer is advisable. The salt sheet can be removed when ready to serve and does not make the beef too salty.

Along with the “rosy” color of the meat, use roses for the centerpiece of the dinner table, thereby lending their beauty and fragrance to the atmosphere!

If desired, serve with horseradish sauce, into which a few red rose petals, finely chopped, have been added.

## CURRIED BEEF AND ROSES WITH PINEAPPLE RICE

4 cups shortening  
4 pounds chuck beef, cut into one-inch cubes  
1 cup sliced onion  
2 Tbsp curry powder  
2 tsp salt  
¼ tsp pepper  
¼ tsp cloves  
¼ cup slivers of crystallized ginger  
1 cup crystallized rose petals (cut into bits if large petals)  
2 Tbsp chopped fresh mint leaves or 1 tsp dried mint leaves  
¼ cup unsifted all-purpose flour  
3 cans (10 ½ ounces) beef bouillon, undiluted  
1 cup canned flaked coconut  
¼ cup light cream

Make the curry a day before planning to serve it. Using an iron Dutch oven, sauté floured beef cubes until brown. Place in a bowl or glass container with cover and refrigerate. In the same Dutch oven or skillet, sauté the onions in 2 Tbsp vegetable oil and add the curry powder, salt pepper, cloves, ginger and mint. Remove from heat. Add flour. Stir well. Blend in the bouillon. Place on low heat and add the beef cubes. Cover with lid and simmer until tender (about 1½ hours). Serve curry with Pineapple Rice below.



## PINEAPPLE RICE

2½ cups raw, long white rice (cooked to instructions on package) or use pre-cooked or instant rice

Add salt to taste

2½ Tbsp butter

1 can (8½ oz) crushed, drained pineapple

Cook rice or prepare instant rice, add salt, butter and pineapple. Serve hot. Mound on individual serving plates, make a cavity and fill with hot beef curry. Top rice and curry with the following:

Chopped cashews

Chopped unpared cucumbers

Prepared chutney

Preserved cumquats

Rose petals or rosebuds, fresh or candied

## BREAST OF LAMB MARINATED IN ROSE WINE VINEGAR

3-5 lbs breast of lamb cut in 3" pieces or the width of a rib

Make a marinade with:

3 cups red rose wine vinegar

2 small onions, chopped

1 bay leaf

1 tsp fresh basil or ½ tsp if dried

1 small clove of garlic, crushed

Marinate overnight. Turn, if convenient; pour off marinade and save. Bake lamb in open casserole at 400° F until almost tender and brown.

Pour off fat and add marinade. Reduce heat to 300-325° F. Add salt and pepper. Lamb is done when tender and brown. Lift to a serving platter and quickly skim fat from marinade juices. Cook marinade on top of stove to make a gravy and pour over the ribs. Serves 6.

## ROSE-PINK BARBECUED LAMB STEAKS

If you like your lamb charred on the outside and pink within, have 2" steaks cut from leg of lamb. If well-done is to your liking, get 1" thick steaks. Place meat over very hot coals and baste with rose-flavored olive oil, celery and parsley. Place a bottle of fresh rose water on the table for an additional dash or two of flavor to be handled by the individual.

## SALMON LOAF WITH ROSE WATER

1 lb can of salmon  
½ cup soft bread crumbs  
1 tsp salt  
Dash of pepper  
1 Tbsp melted butter  
1 Tbsp lemon juice  
4 eggs, beaten  
Rose water

Flake or mash salmon and combine with bread crumbs, salt, pepper, melted butter and lemon juice. Stir in the beaten eggs and turn the mixture into a buttered loaf pan. Bake in a moderate oven (350° F) for about 30 minutes. Unmold and serve hot with an egg sauce and sprinkle with rose water.

## ROSE “BUD OF THISTLE”

Select fresh baby artichokes that are bright green and have leaves that show no signs of opening. When fresh an artichoke should squeak when squeezed. As soon as the “chokes” are cut or purchased put them into acidulated rose water (made of 1 tablespoon of lemon juice or vinegar to 1 quart of rose water). Boil artichokes in the above lemon-rose water. Add a little salt and a drop or two of vegetable or olive oil. Cook 20 to 50 minutes depending on size of the artichokes. They are done when bottoms pierce easily or when upper leaves pull off without effort. Drain upside down. Serve hot or cold with a rose-scented mayonnaise.

## FROZEN PINK PETAL FRUIT SAIAD

On a hot summer day, this is a cooling accompaniment for a cold plate of ham or poultry. It is an exciting side dish with broiled or barbecued Cornish game hens.

1 can (No. 2½ size or 1 pound 13-14 oz) cubed fruit cocktail

1 cup whipping cream

1 cup red rose jelly or jam

½ cup mayonnaise

Fresh or crystalized pink rose petals (de-heeled)

Drain the fruit cocktail thoroughly. Whip the cream. Mix the jelly with the mayonnaise. Fold in the well-drained fruit cocktail. Gently fold in the whipped cream. Pour into refrigerator ice cube trays and freeze until firm about 1 inch around the edges. Remove from freezer and stir until frozen chunks are broken up. Line muffin tins with two (double thickness makes easier handling) paper baking cups. Spoon mixture into cups, heaping, if desired. Chill, or freeze until firm. Just

before serving, remove the fluted paper cups. Serve on lettuce and garnish with the fresh or crystalized pink rose petals.

### ROSE GELATIN SALAD

1 pkg lemon-rose flavored gelatin  
16 marshmallows (small)  
1-3 oz pkg cream cheese, diced  
2 cups boiling water  
1 small can crushed pineapple  
½ cup mayonnaise

Place gelatin, marshmallows and cream cheese in a bowl and add boiling water. Cool. Add pineapple and mayonnaise. Turn into a salad mold. Chill until firm. Serves about 4.

### ROSE GELATIN

1 envelope unflavored gelatin  
½ cup cold water  
1 cup boiling red rose water  
⅓ cup sugar  
⅛ tsp salt  
¼ cup lemon juice  
Red food coloring  
2 cups red rose petals

Sprinkle gelatin on the cold water. Soften. Add boiling rose water, sugar, salt; stir until dissolved. Add lemon juice. For a fresh rose

flavor, add 2 cups of washed, de-veined, fragrant red rose petals. Let stand a few minutes. Strain off petals and pour gelatin into mold. Chill. Serve as dessert or for fruit salad base. Serves 4-6.

## JELLIED ROSE-FRUIT SALAD

2 Tbsp gelatin  
1½ cup cold water  
1 cup canned fruit juice  
⅓ cup orange juice  
½ cup sugar  
2 eggs, well-beaten  
½ tsp salt  
⅓ cup ginger ale  
1 cup whipped cream  
1 No. 2½-can (3-1½ cup or 27-29 ounces) fruit salad, chilled  
2 medium-sized bananas, peeled and cubed  
1 cup candied rose petals

Mix gelatin in cold water and set aside. Heat the fruit juices and sugar in a saucepan, stirring until sugar is dissolved. Gradually add the hot fruit juice to the beaten eggs and return the mixture to saucepan and cook over simmering water until the custard coats the spoon. Add the gelatin, salt and cool the mixture. Stir in the ginger ale. Fold in the whipped cream. Combine the fruit, bananas, and rose petals in a square Pyrex dish or mold and pour above cream mixture over the fruit. Chill in refrigerator until set.

## WHITE ROSE JELLIED MOLD

1 pt cream  
½ lb almond paste (or finely ground almonds pounded to a paste in a mortar)  
3-4 Tbsp sugar  
Mace to taste  
Salt to taste  
6 Tbsp rose water  
1 Tbsp gelatin  
2 Tbsp cold water

Combine cream, almond paste, sugar, mace and salt. Add rose water gradually. Bring to a boil, stirring constantly. Soak gelatin in water and dissolve it in the hot cream. Pour into fancy mold. Chill. Serve with a very red rose petal sauce.

## WILD ROSE SALAD

1-2½ cans of pear halves  
Red food coloring  
One 3 oz pkg cream cheese  
Pinch salt  
Milk to soften cheese  
1 cup finely cut bits of crystalized yellow or orange rose petals  
1 orange, peeled and sliced in half

Drain juice off pear halves. Add red food coloring to juice to make a rich pink color and mix well. Return halves to juice and let stand until tinted a delicate rose pink. Add milk and soften cream cheese to which pinch of salt has been added. Form cream cheese balls to fit centers of pear halves. Roll balls in petal bits and place in center of pear halves.

Arrange five pear halves, round side up and cheese center down to form flower on bed of greens or lettuce (large end toward edge of plate). Use slice of orange as center of rose. Serves 4-5.

### COTTAGE CHEESE, CURRANTS AND ROSE WATER

1 cup small curd cottage cheese  
1½ lb ground almonds  
2 Tbsp rose water  
½ cup sugar  
½ cup currants  
⅛ tsp salt  
Sugar and cream

Mix well the cottage cheese, almonds, rose water, sugar and salt. Add the currants that have been soaked in rose water a few hours or overnight. Put the mixture into a mold and refrigerate for several hours. Unmold on lettuce and serve with thick cream. Sprinkle with rose water to taste.

### ROSE AND GOOSEBERRY "GOODIE"

2-3 cups fresh, or canned cooked and pureed gooseberries  
1½ -2 cups sugar  
6 egg yolks  
3 Tbsp rose water

Blend the gooseberry pulp and the sugar in a saucepan. Beat the egg yolks until thick and lemon-colored, gradually beat in the rose water and add to the gooseberry mixture. Bring to a boil and let boil up for a very short time, stirring constantly. Pour into serving bowl or individual

dessert dishes and refrigerate. Serve cold, garnished with whipped cream and rose petal jelly.

### GRAPEFRUIT ROSES

Select a thick-skinned grapefruit. Remove the yellow rind just deep enough to leave a smooth surface. With a sharp knife cut the white inner rind in a circular fashion as peeling an apple, making the strip about an inch wide. Starting from one end, wind the peel tightly to resemble a rose and fasten with two toothpicks. Place carefully in water and boil gently until rind becomes transparent. Drain and let stand in hot sugar syrup tinted with food coloring of desired color until shade is obtained. Place on a bed of fresh rose leaves, water cress, parsley or other greens.

### TOMATO ROSES

Peel a tomato rather deeply and wind into a rose as in making grapefruit roses.

### APPLES PRESERVED IN ROSE WATER

Wash green, sour cooking apples. Peel and save peelings for jelly. Cut apples in quarters, remove cores and place in water to keep them from turning dark. It is easier to weigh quartered apples than to measure by cup. For every pound of apple quarters, allow one pound of sugar, one cup of water and three tablespoons of rose water. Mix half of the sugar with the water and bring to a boil. Add the apples and cook slowly for ten minutes. Add the remaining sugar, little by little, the juice of two lemons, rind of one orange which has been boiled in



two waters, then cut in small bits. Add the rose water and cook until apples are tender and transparent. Serve hot or cold. Store in refrigerator or seal in hot sterilized jars for gifts.

## ROSES WITH EGGS

Cut a few red roses while the dew is still on in the early morning before breakfast. Remove the bitter base tip from each petal, wash and drain on a towel. Fit several petals on top of each other in a neat little stack and cut into very thin strips. When scrambled eggs are about done, add the petals. For a rose petal omelet, prepare petals as for scrambled eggs except in finer pieces and gently fold into the omelet just before cooking.

## ROSE JELLY OR JAM OMELET

6 eggs  
1/8 tsp salt  
4 Tbsp powdered sugar  
6 Tbsp ice water  
Butter  
2 Tbsp rose jelly or jam

Break eggs into a bowl. Beat just enough to blend. Add salt, 2 Tbsp powdered sugar and the ice water. Beat until smooth and creamy, but not foamy. Pour into a large, well buttered, hot frying pan. Keep it hot as it is moved about over moderate heat. Do not let scorch. Lift edges of omelet to break bubbles until the custard is uniformly firm, but still soft. Fold omelet from two sides to the middle. Turn. Quickly spread with soft or melted butter and rest of powdered sugar. Cover with rose jam. Serve immediately.

## ROSE OMELET USING FRESH ROSE PETALS

4 eggs  
4 Tbsp warm water  
1 cup fresh rose petals, chopped  
Butter

Beat yolks and whites separately. To beaten yolks, add water, salt, and rose petals. Fold whipped whites into yolk mixture. Pour into a medium hot buttered pan. Turn heat down to low and cook slowly. When omelet has risen and is a golden brown next to the pan edge, set in a slow oven (300° F) until it has finished cooking. Crease through the middle and fold over. Serve immediately.

## ROSE PETAL HONEY TEA SANDWICHES

Blend 1 cube (½ cup) soft butter with 4 tsp honey and ¼ cup of washed, drained and minced rose petals (use clean, unsprayed roses with a good fragrance). Cut 10 or 12 slices of white bread, each ¼ inch thick. Spread on half the slices and top with remaining bread. Cut in squares, rounds or diamonds, trimming off the crust. Each sandwich will make 2-4 small sandwiches.

## JAM DANDIES

Press one package of refrigerator ready-to-bake biscuits into various shapes with fingers. Fill centers with your favorite rose petal jam. Place on cookie sheet. Bake in very hot oven (450° F) for 8 to 10 minutes or until golden brown. Serve hot.

## ROSE-FLAVORED FRIED "LOAF BREAD"

8 slices of white bread  
Rose Petal wine  
3 egg yolks  
½ cup half and half cream or milk  
Sugar, powdered  
Grated fresh nutmeg  
Butter

Arrange the slices of bread in a large Pyrex baking dish. Cover with the wine and let soak several hours or overnight. Beat the egg yolks until thick and lemon-colored; gradually add the cream and sugar. Drain the bread from the wine. Dip both sides of each slice in the egg mixture and cook to a golden brown on both sides in butter in skillet over slow to medium heat. Sprinkle with powdered sugar and a dash of grated nutmeg and serve on a warm plate.

## ANCIENT ROSE BISCUITS

6 eggs  
2 cups sugar  
6 Tbsp rose water  
2 Tbsp white wine  
4 cups flour  
½ tsp salt  
1 Tbsp anise seed

Beat eggs until thick and lemon colored. Add sugar gradually. Stir in rose water and wine. Sift together flour and salt and add to first mixture. Blend in the anise seed. Form into round cakes or cut as biscuits and bake in a moderate oven until browned.

## LITTLE LUNCHEON LOAVES

2 cups small curd cottage cheese  
6 eggs, well-beaten  
1 cup sugar  
¼ tsp each of cloves and nutmeg  
⅛ tsp salt  
3-4 cups very fine breadcrumbs  
½ cup melted butter (or ½ butter, ½ margarine)  
1 cup powdered sugar  
2 Tbsp rose water

Blend well the cottage cheese, beaten eggs, sugar, spices and salt. Add enough breadcrumbs to form mixture into small loaves of bread. Place on buttered cookie sheet and bake in a moderate oven until firm. Mix the butter, sugar and rose water and place a teaspoonful on the top of each loaf which has been slit to better absorb the rose water.

## ROSE FRENCH WAFERS

1 cup cream  
1/8 cup egg yolks  
2 whole eggs  
1/4 cup sugar  
1/2 tsp salt  
1 Tbsp rose water  
1/4 lb butter  
1/4 tsp nutmeg  
1/4 tsp mace  
1 tsp cinnamon  
1 yeast cake  
1/8 cup warm water  
4 to 4-1/2 cups all-purpose flour

Scald the cream, add the sugar, salt, rose water and butter. Cool. Add well-beaten eggs and yolks, yeast (dissolved in the warm water) and half the flour mixed with the spices. Beat well, cover and set in a warm place to rise double its bulk. Press down and add remaining flour, beat well and let rise again. Form into five petaled roses. Place on a baking pan and let rise to double size. Bake in a moderate oven (350° F) until golden brown.

## ROSE JAM TOAST

1 loaf unsliced white bread  
Melted butter  
Rose Jam

Remove crust from all sides of loaf and cut bread into 2-inch cubes. Brush butter on all sides but the bottoms of the cubes. Make a cut in

top of each cube and insert 1 tsp rose jam. Bake on greased cookie sheet in a hot oven (450° F) until brown. While piping hot, drizzle with a rose extract flavored (white or clear) powdered sugar and water glaze.

## ROSE CAUDLE

Rose caudle is a hot, spiced mixture for medicinal use and can be used for cold care. While a red wine like Vin Rose is often used as a base, it is possible to use ale, white wine, "spirits" and teas, especially rose hip and rose petal teas. There are numerous Caudle recipes but the following is a favorite.

## RED ROSE CAUDLE

1 Tbsp powdered oatmeal  
1 pint water  
Sugar  
Lemon juice  
Red Rose Syrup  
Nutmeg

Mix oatmeal with the water and let it stand at least 2 hours before use. Strain mixture through a sieve. Boil. Add other ingredients to taste and serve hot.

## KATHY MEYER'S ELDERBERRY-ROSE HIP TONIC<sup>28</sup>

All are recommended to be organically grown.

2 Tbsp (30 gm) dried elderberries  
1-1/2 Tbsp (21 gm) dried Rose Hips  
1-2 sticks cinnamon (Ceylon or Cassia), broken into 1/2 inch pieces  
1 Tbsp (18 gm) dried Astragalus root (Available on line or at natural foods markets.)  
3 cups filtered water  
3 Tbsp (45 gm) chopped fresh ginger root, optional

Put above ingredients in a pot and bring to a boil. Boil gently for 10 minutes. Turn off heat, cover and let stand until cool. Let sit overnight then strain, pressing the mash to squeeze out the juice. Refrigerate in a glass jar. Can be added to herbal tea.

## JET BLACK ROSE BEADS

Pick several gallons of fresh, fragrant petals after dew has gone. Let petals wilt but not dry out. Using finest blade, put through food grinder twice daily for six days. Knead well after each grinding. Sprinkle lightly with non-iodized salt after each grinding for the first two days. Keep covered while pulp sets (may use plastic bag). Shape beads when pulp is consistency of dough or putty. Roll balls between palms of hands. Beads shrink to more than one-half the original size. Place beads to dry on clean surfaces in the shade, keep beads separated. After beads begin to dry on clean surfaces in the shade, keep beads separated. After further drying, string beads on hat pin or florist wire (gauge #22) and continue drying. Decorate beads in last drying stages, if desired, by indenting sides with ends of cloves or with strings, etc. String with small gold, silver or glass beads or wear plain.

## MOIST POTPOURRI OR SCENT JAR

Use a deep crock. For every 4 lbs of rose petals, use 1 lb of kitchen or coarse salt. Place petals and salt in layers about ½ inch thick. Place a weight on top of the layers (wooden lid and weight) to keep it pressed down. Cover with a regular crock lid. After one week, spread out to dry in the shade, never in the sun. After they are dry, add a cup or two of English lavender. Place in jars and use to scent rooms.



## EDITOR'S NOTE

These recipes have not been tested by the editors so their accuracy cannot be verified. Please adapt and enjoy according to your own taste.

## AUTHOR'S BIOGRAPHY

Annette Garber was born Fairy Annette Moore in 1917, the eldest of eight children to William Henry Moore and Delia Elizabeth Whitmire in the Blue Ridge Mountain area of Macon County, Georgia. In 1938, she graduated from Rabun Gap Nacoochee Junior College, a school which is now famous for its Foxfire book series and magazine on southern Appalachian folk culture. After graduation, she began working in food service for the Federal Reserve Bank in Atlanta, Georgia. She then transferred to a position as head of the foods department and dietician for the National Youth Administration. While working for the NYA in Brunswick, Georgia, she became the first woman member of the Georgia National Guard. Lastly, she worked as a recruiting representative for the U.S. Civil Service Commission until 1945, when she married Air Force Capt. Willis Garber. After the end of WWII, they moved to California. It is here that she first began her lifelong interest in cooking with roses after reading an article in the San Francisco Chronicle, "Beating the High Cost of Living by Eating Your Roses!"

## EXPLANATORY FOOTNOTES

1. Zeb – probably *Zeb-un-Nissa*, a Mogul princess and poet who studied philosophy, math, astronomy and literature.
2. Philostratus – a Roman *sophist* (or teacher), circa 170-250 A.D.
3. Thesophrastus – Greek philosopher, successor to Aristotle.
4. Domitian – Roman Emperor, 81-86 A.D.
5. Martial – Roman poet, originally from Spain.
6. Tarquin – Lucius Tarquinius Superbus: final king of Rome, reigned until the popular uprising in 509 BC that led to the establishment of the Roman Republic. Commonly known as Tarquin the Proud for his surname “Superbus”.
7. Suetonis – Roman historian.
8. Approximately \$1,050,300 in 2021.
9. Elagabalus – controversial and scandalous Roman emperor, 218-222 A.D.
10. Viand – a food item.
11. Attar – a fragrant essential oil.
12. Whitsunday – the seventh Sunday after Easter.
13. Laetare Sunday – the fourth Sunday in Lent.
14. Salency – a commune in the Oise department in Northern France.
15. Madame Pompadour - a member of the French court and mistress of Louis XV.
16. Redoute – Belgian painter and botanist Pierre Joseph Redoute.
17. Guillot – probably nurseryman and rose hybridizer Jean-Baptiste André Guillot the younger.
18. Moss rose – certain Centifolia and Damask roses that have developed a distinctive fragrant moss-like “beard” on the

sepals. Not to be confused with the succulents sharing the same common name.

19. Bunyard – Edward Bunyard, English food writer, epicure and apple enthusiast.
20. Calvados – a region of Normandy known for its apple and pear brandies.
21. Randle Holme III (there were four) – member of a family of genealogists and creators of heraldry. The work cited (1688) also includes terminology of women's fashion of the period.
22. Now (2021) approximately \$8,400,000.
23. Nunne'hi – in Cherokee legend, a race of immortal spirit people. Believed to be a type of supernatural human beings, distinct from ghosts, nature spirits, and gods. Like fairies in European folklore.
24. Rhodes – probably refers to the Greek island, famous for its Colossus statue in antiquity and known for its variety of flora today.
25. "Must" – in wine making, the freshly crushed fruit.
26. "Fine it" – in wine making, clarifying by adding agents to remove or settle suspended particles.
27. Isinglass – a pure gelatin made from swim bladders of tropical fish call "cichlids".
28. Special thanks to Ms Kathy Meyer for permission to include this recipe for her homemade tonic.